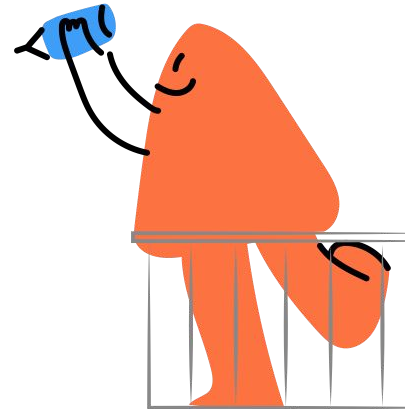
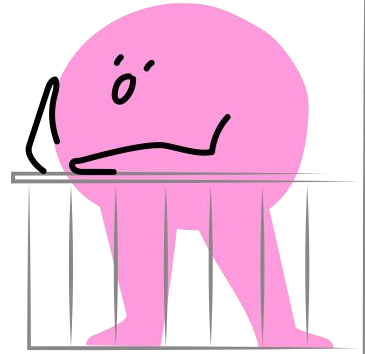
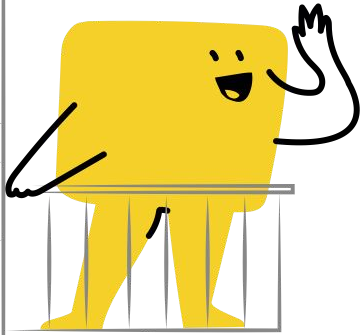
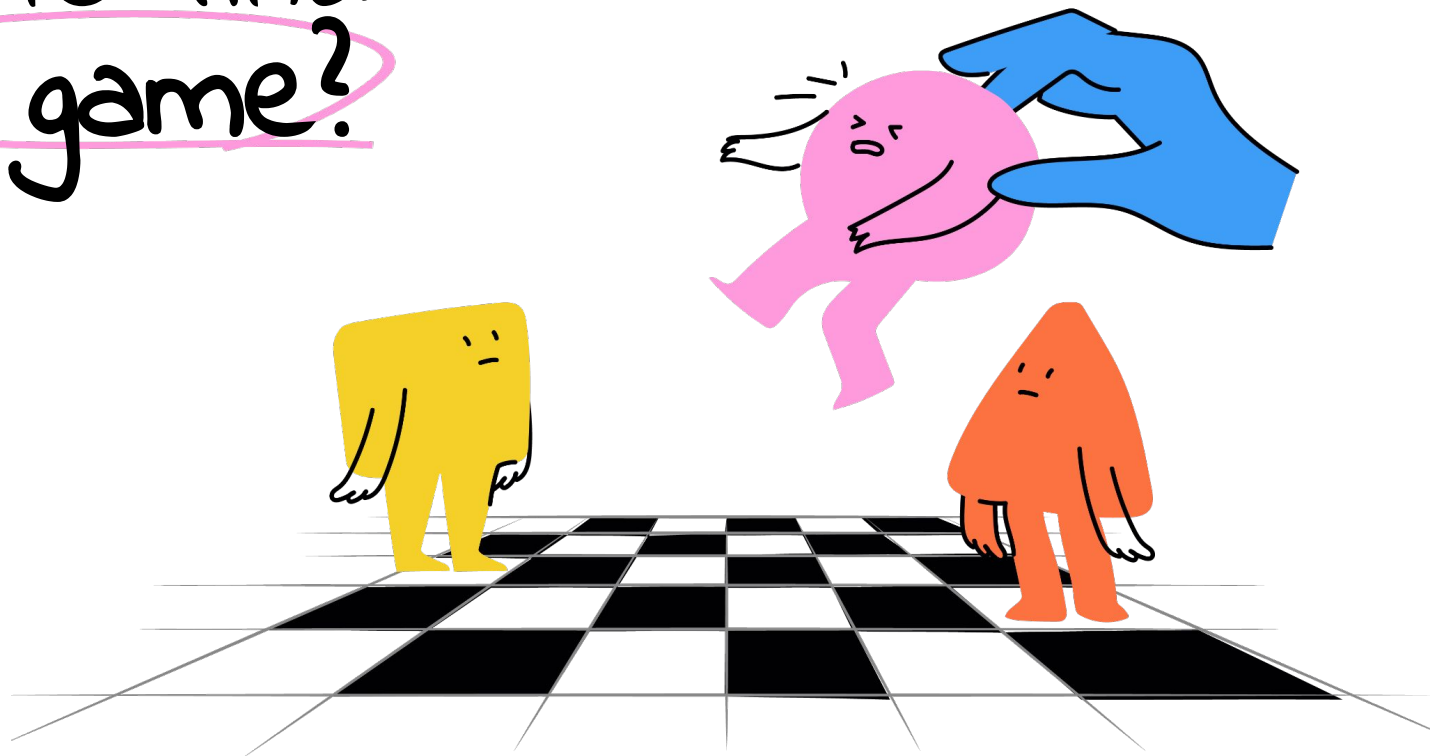


Naval for Kids

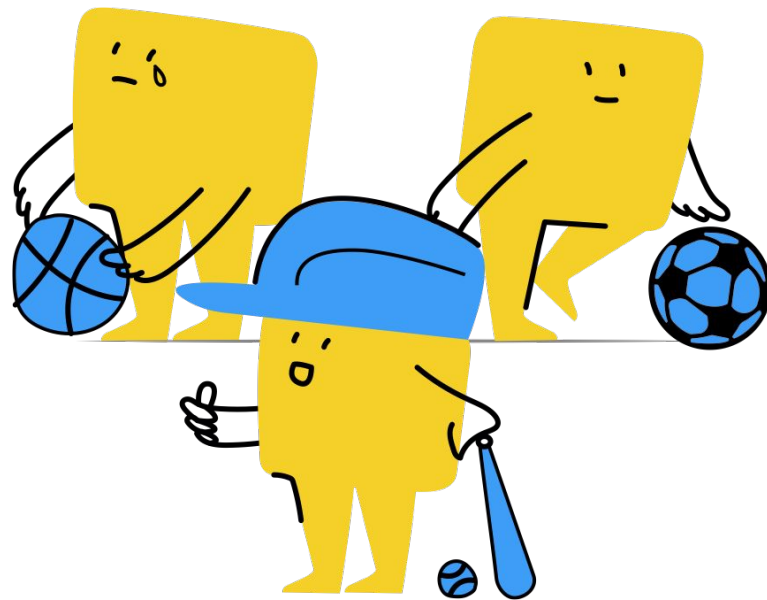
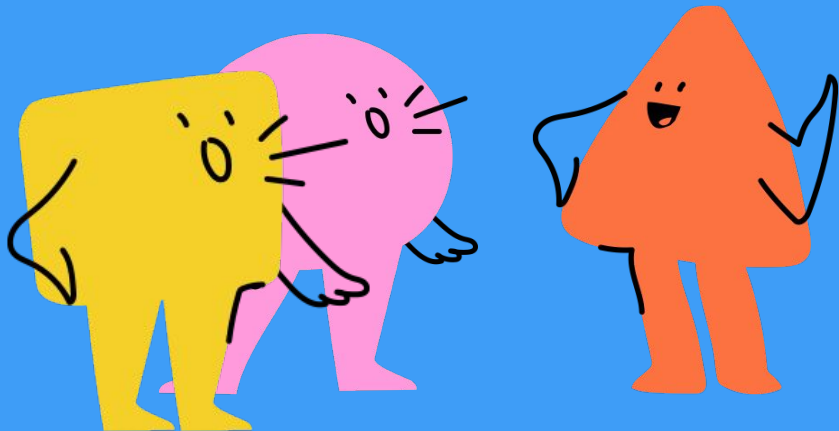
Things your school & parents
won't teach you

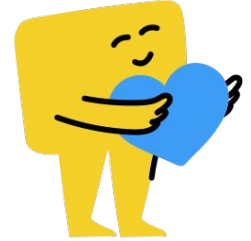
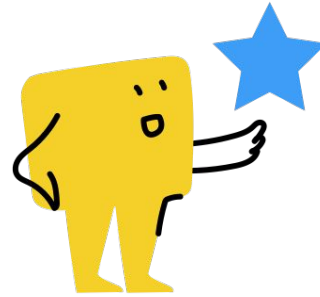
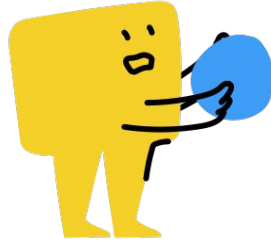
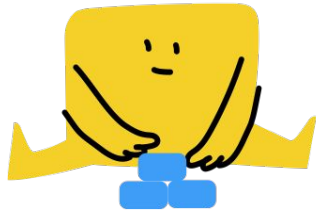


How to find
your game?



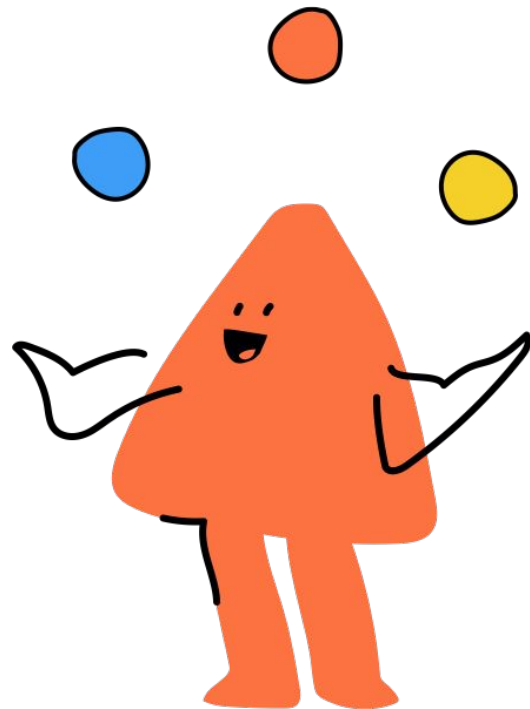
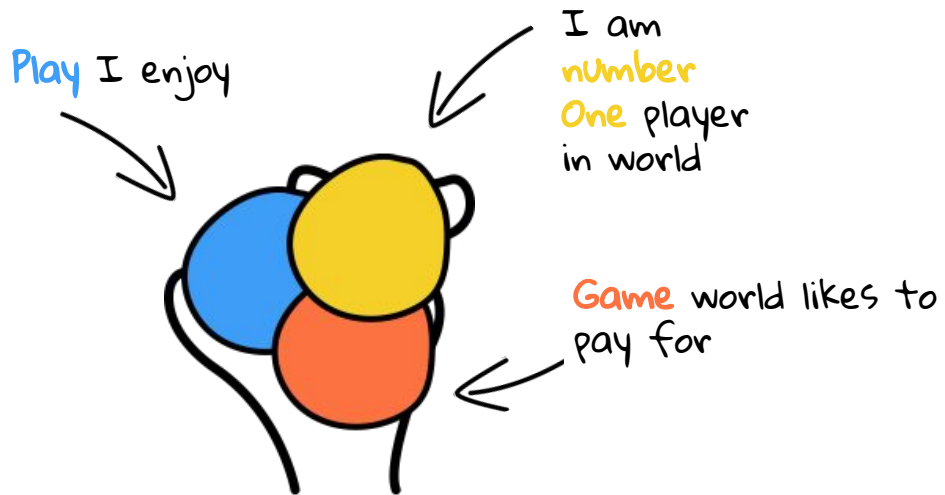
Pick what feels
like play to you,
but looks like
work to others



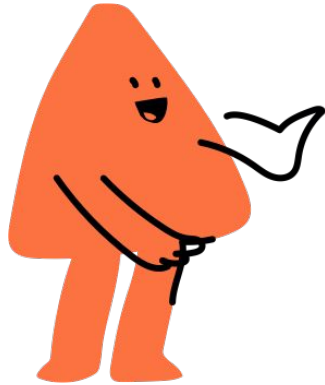


Keep redefining what you do
till you find what you love to do

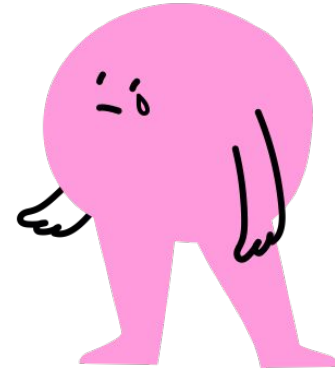
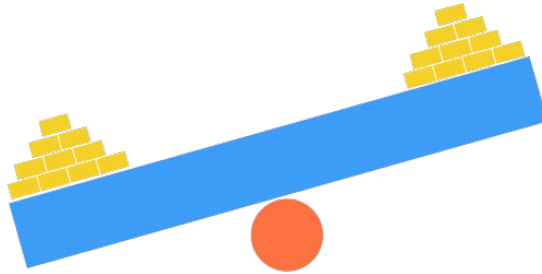
Find your Game Player One fit



Zero sum game has
winners and losers



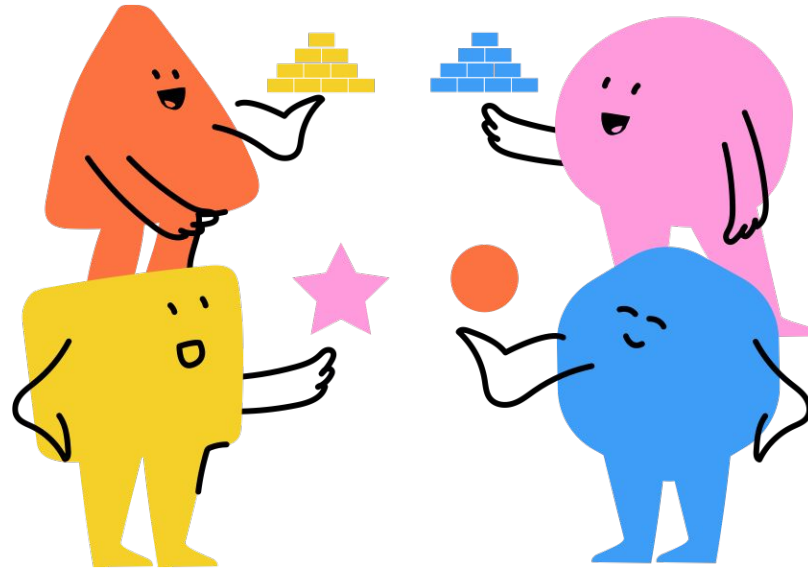
Winner



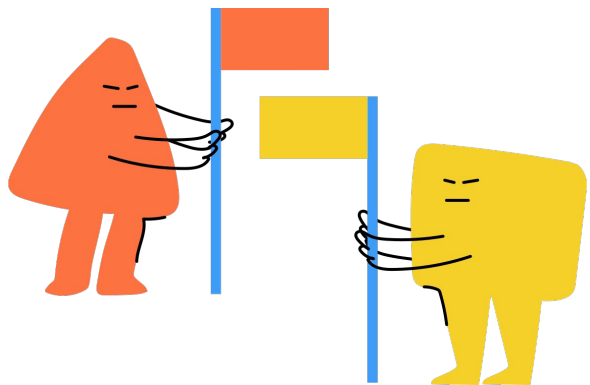
Loser

Most sports are like that

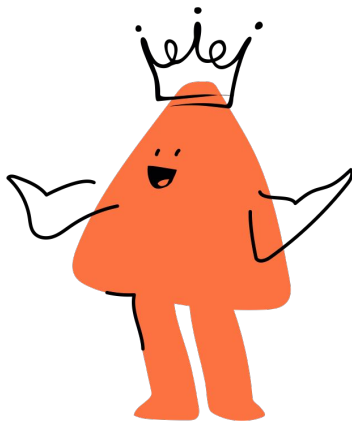
Pick positive sum game
Avoid Zero sum game. It creates conflict ?



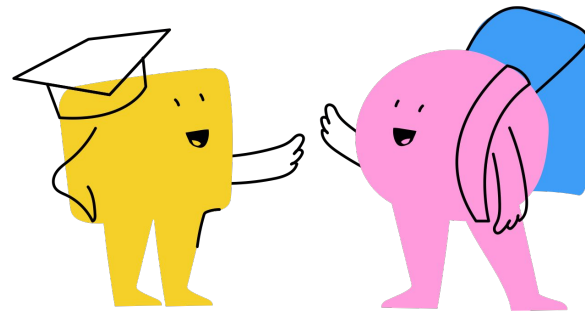
It is what is called as win-win



Politics



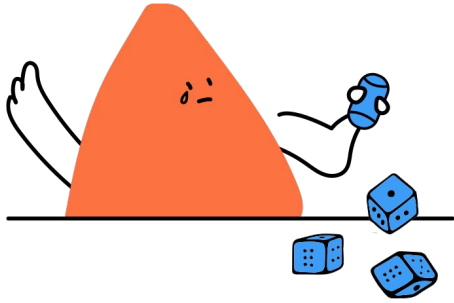
Status



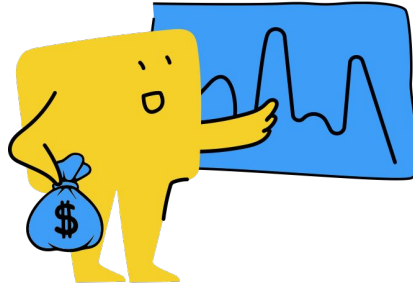
Academia

are zero sum games. Avoid them

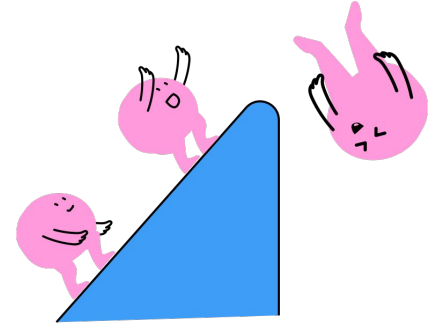
Applause now, emptiness later



Gambling

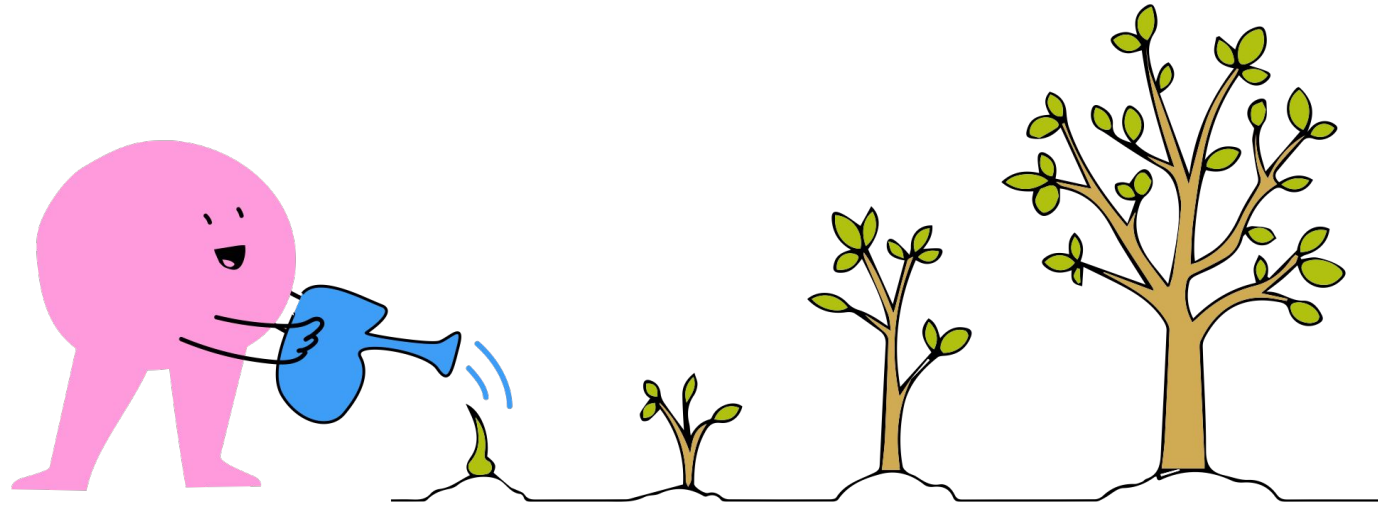


Buy & Sell stocks daily



Timing cycle or trend

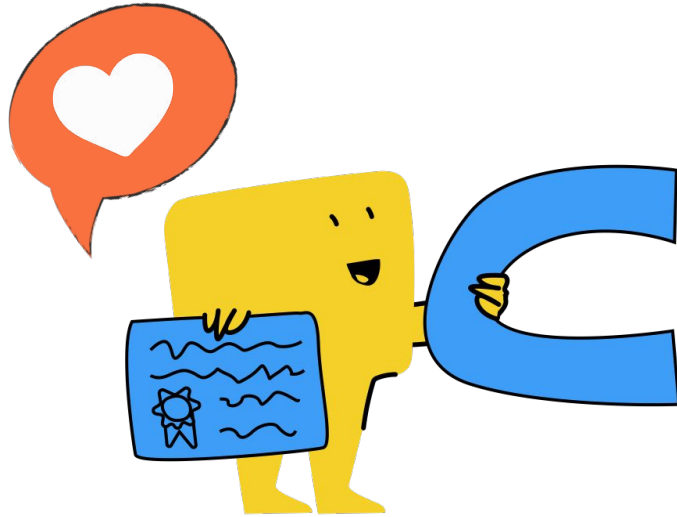
Are negative sum game.
Even Worse



Investing in family, wealth, health,
peace, knowledge is a positive sum game

Pain now, gain later

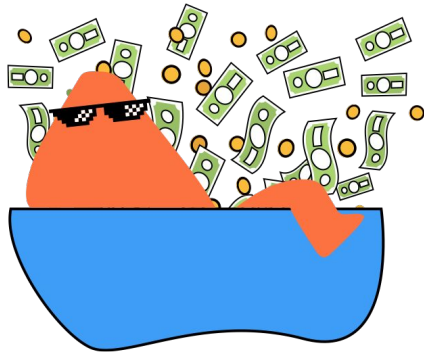
Attract long term players



An individual's values, A companies mission, A nations constitution attract long term players

Pick something and stand for it.

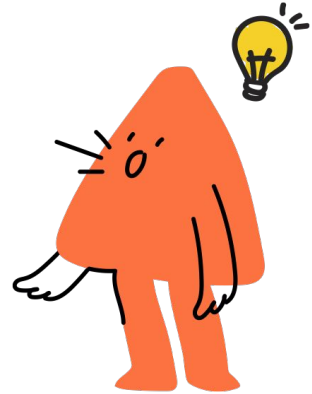
Pick 3 hobbies



One that
Makes Money



One that
Keeps Fit



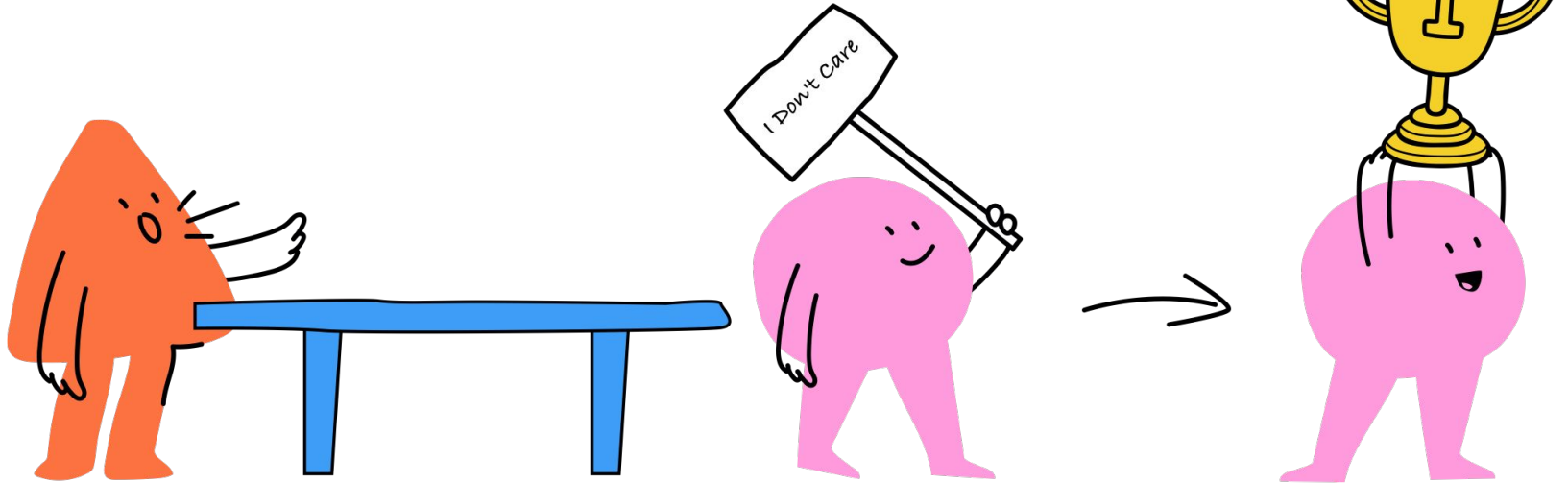
One that
Keeps you Creative

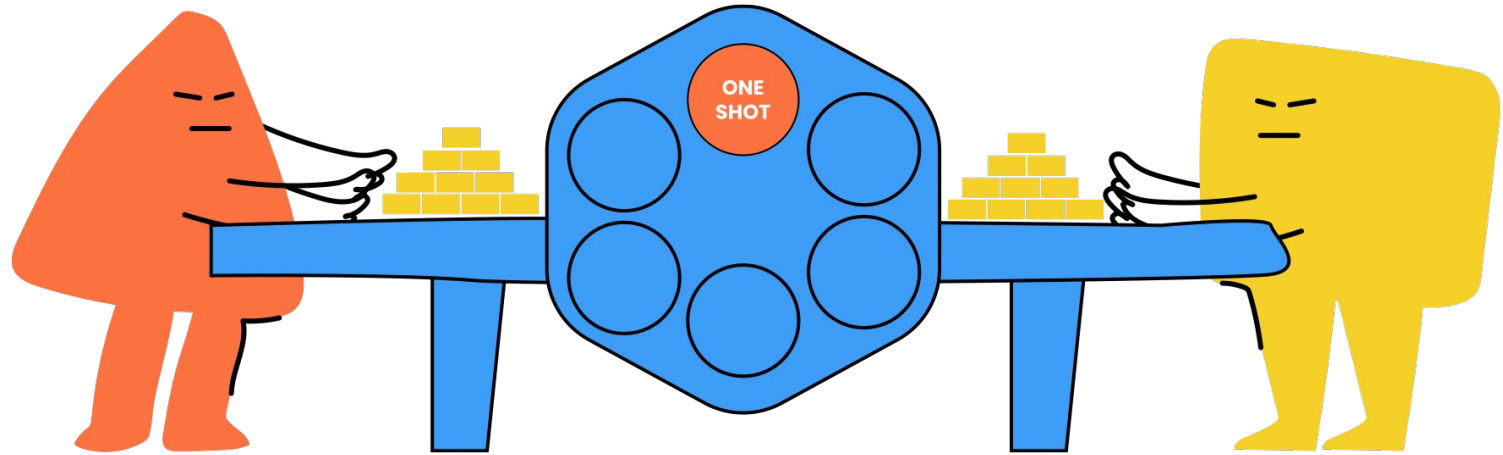


How to win
in your games ?



In negotiation,
whoever cares less wins

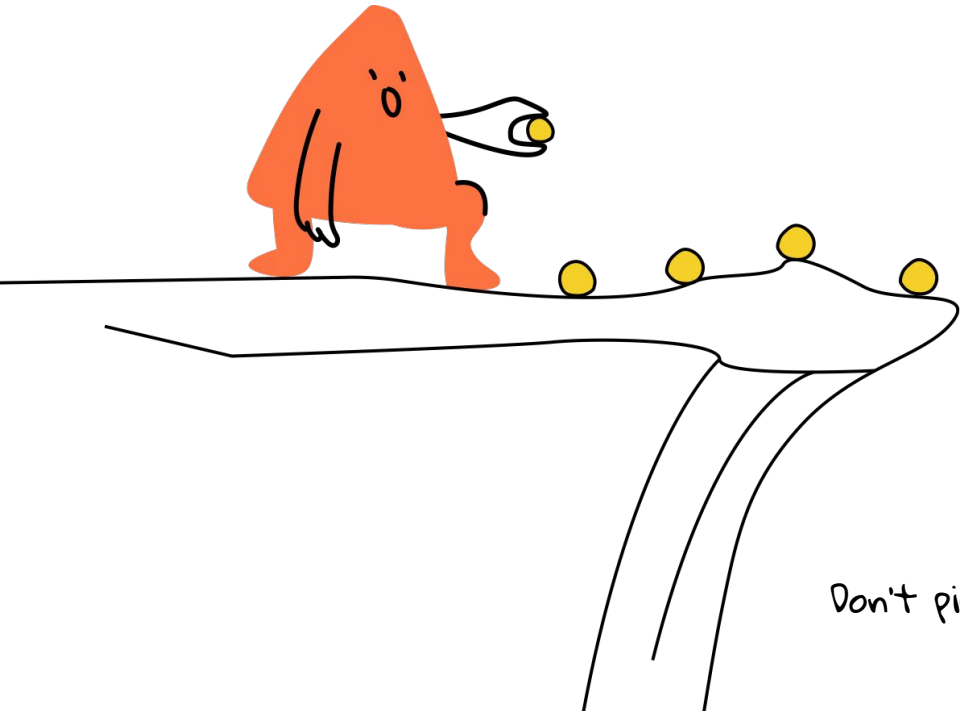




In games that involve bets, don't get killed

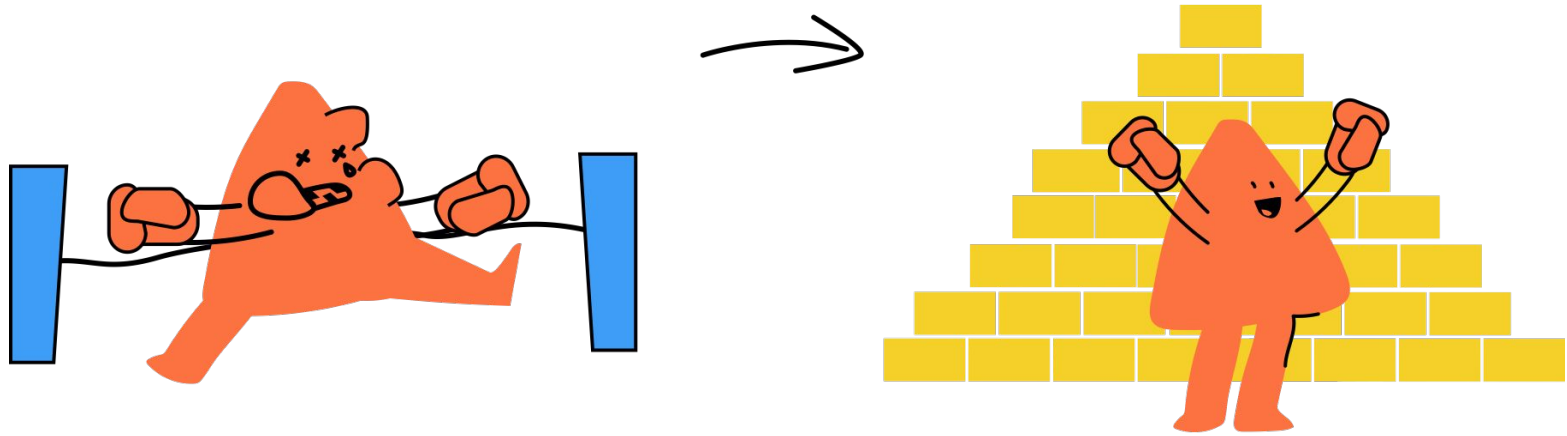
Don't play russian roulette

Nature had made most of us for
frequent visible & small wins,



Blind to infrequent, hidden,
death like risks

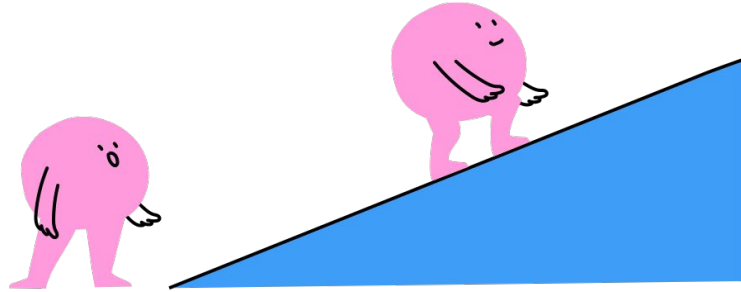
Don't pick pennies that can lead you to disaster



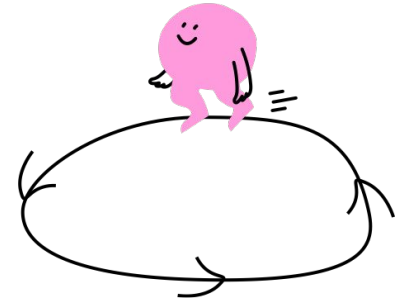
Founders bleed everyday, but when they win,
they win big

In
Linear
domain

Diet, Workouts etc

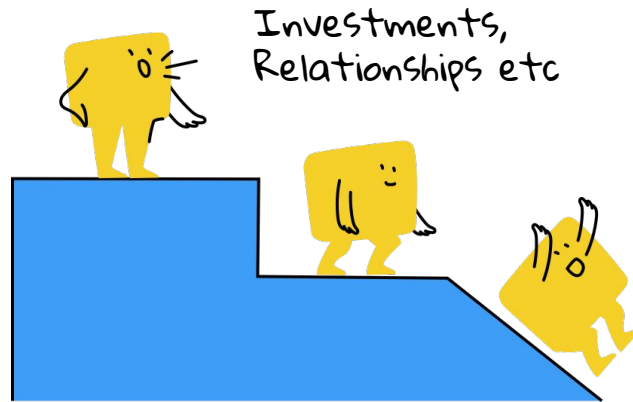


Consistency is key



Therefore build systems and habits

Non Linear
domain



Double down after
conviction



Once you find right friend, partner or investments then go after them



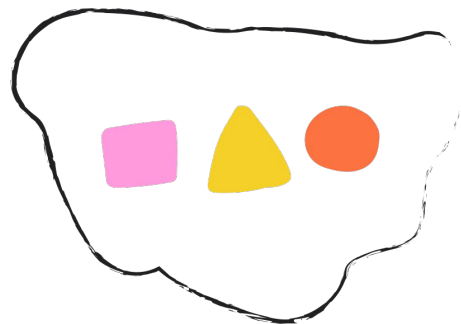
For a happy life retain
a sense of wonder.

Be curious

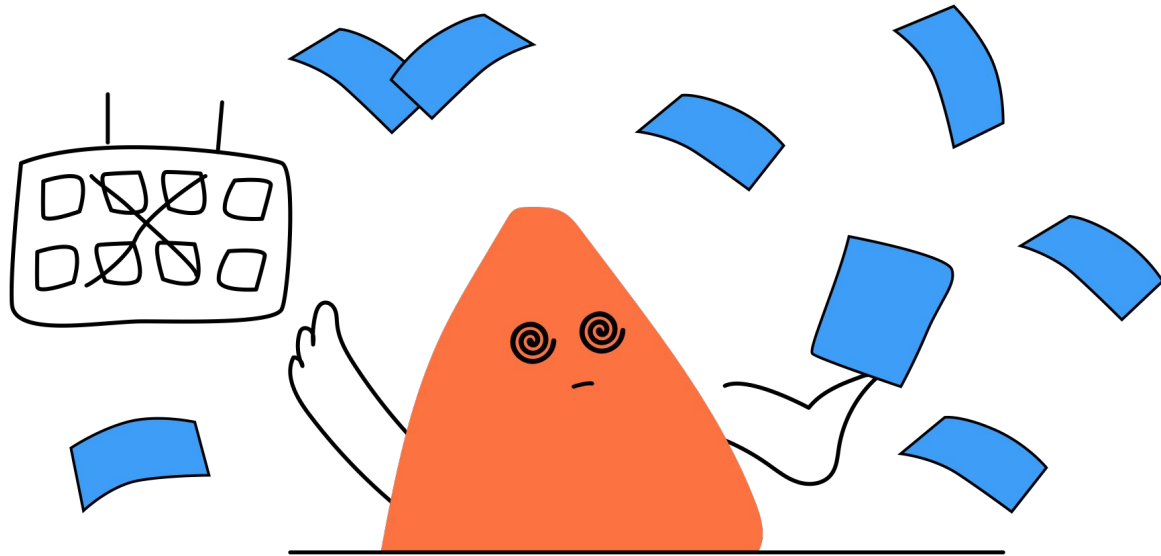


Naval @naval

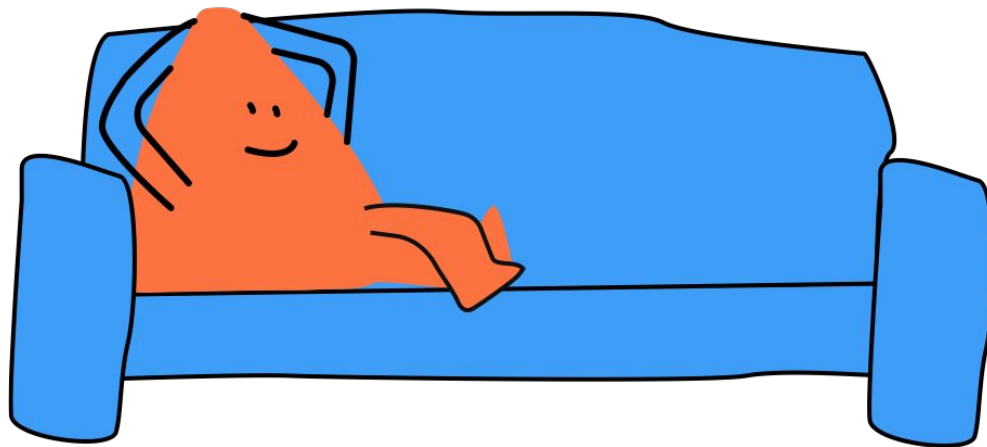
One path to a happy life is to retain
a sense of wonder.



Overscheduled life is a misery.



Keep as much free time on your calendar as possible



To know your quality of life, simply do nothing
and see how it feels

Quality of your
mind is the quality
of your life



Good life is

- ✓ UNDERSTANDING
- ✓ FREEDOM FROM CARE
- ✓ EFFORTLESS
SELF-DISCIPLINE





How to be
healthy?

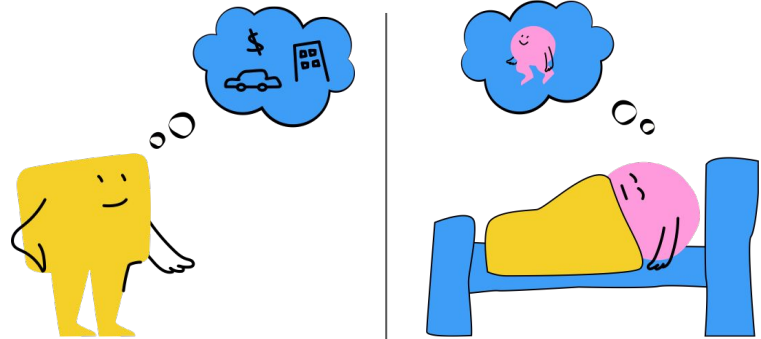
Set Priorities in the following order

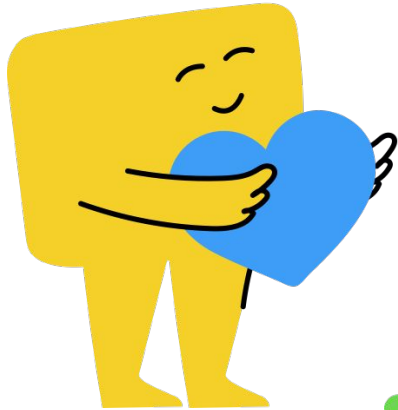
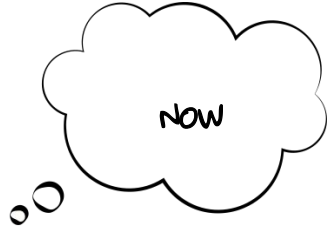
- ✓ Health
- ✓ Happiness
- ✓ Money



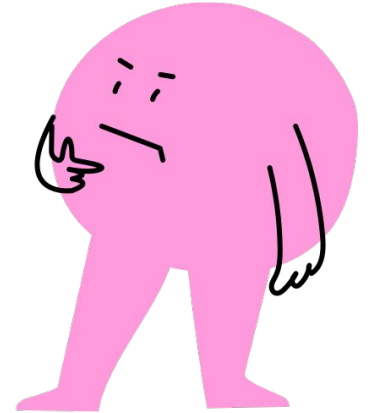
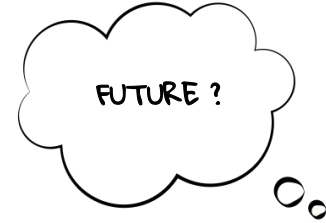
Naval @naval

A healthy man wants a thousand things.
A sick man only wants one.
-Confucius

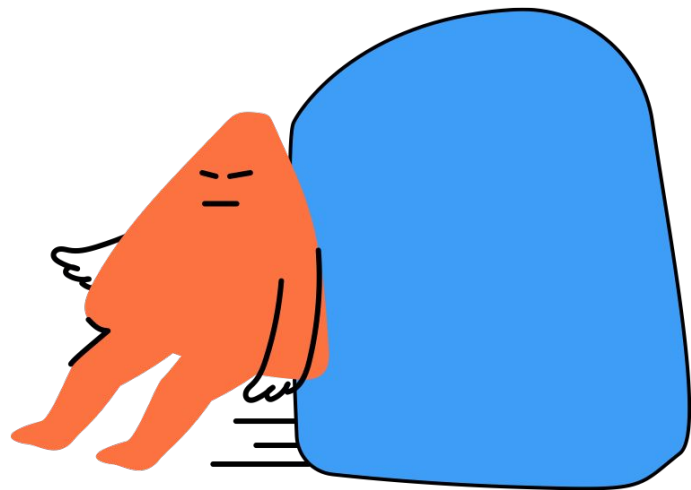




Take care
of health and
don't worry too much

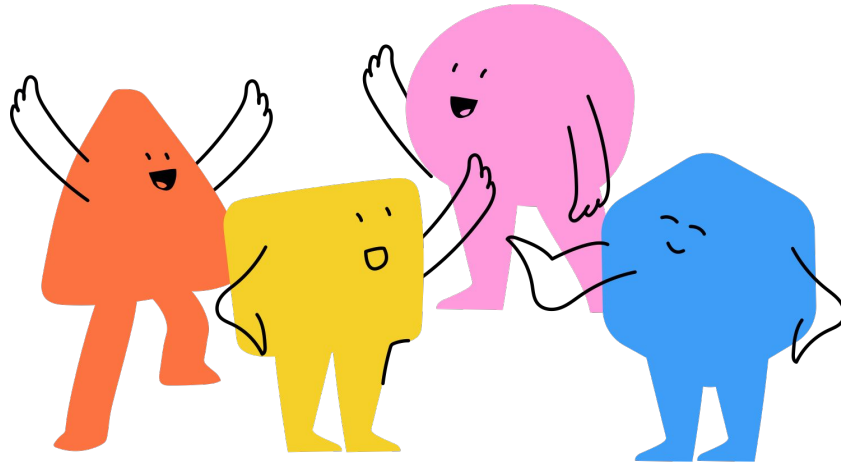


Move body, rest mind



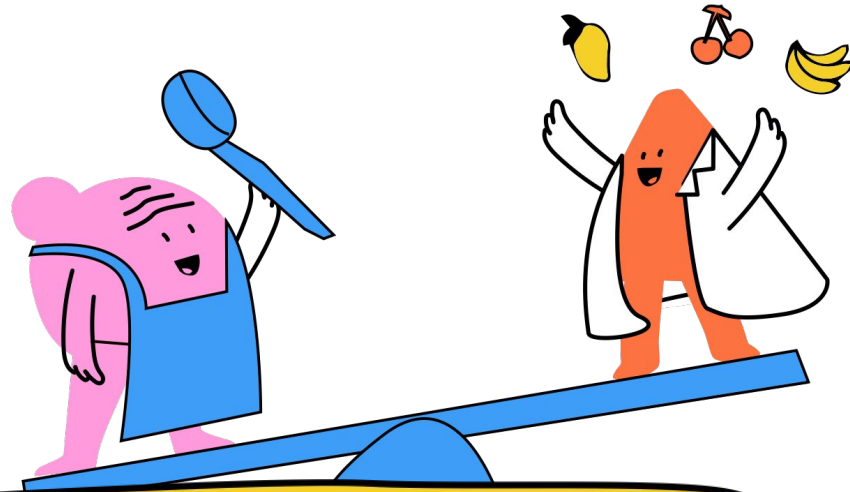


Have cold bath

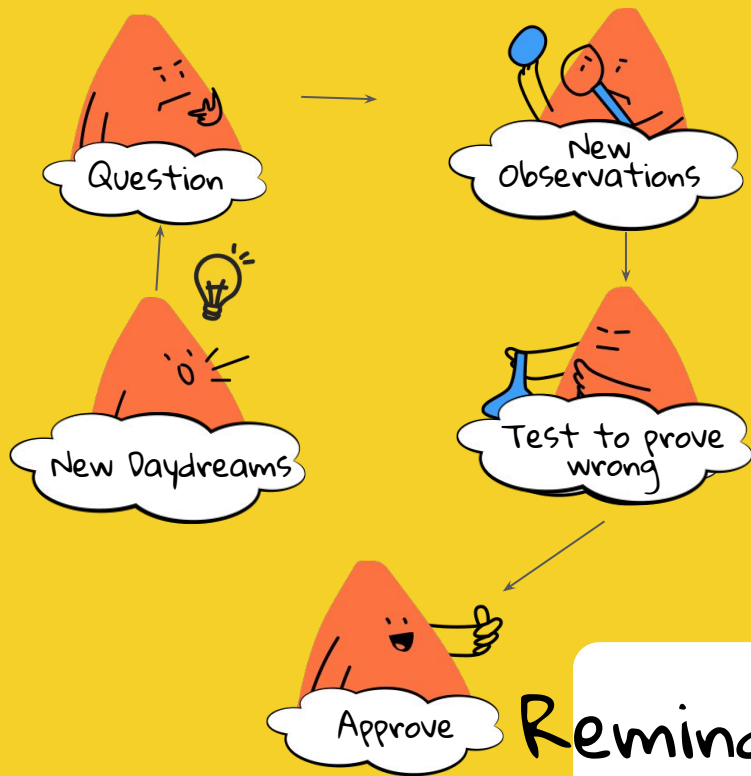


Be more with people not with screens

Science knows little about nutrition and diet yet more polarized than politics & religion.

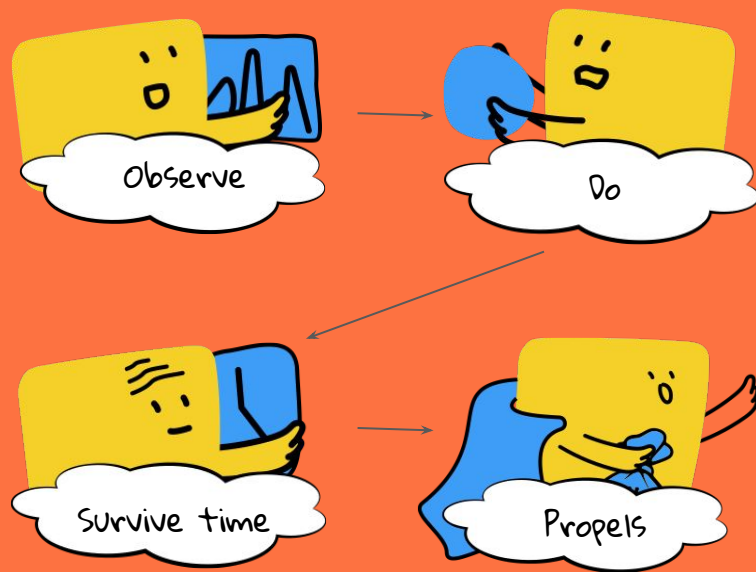


Better to Listen to your grandma than doctor or science when it comes to nutrition #Lindy



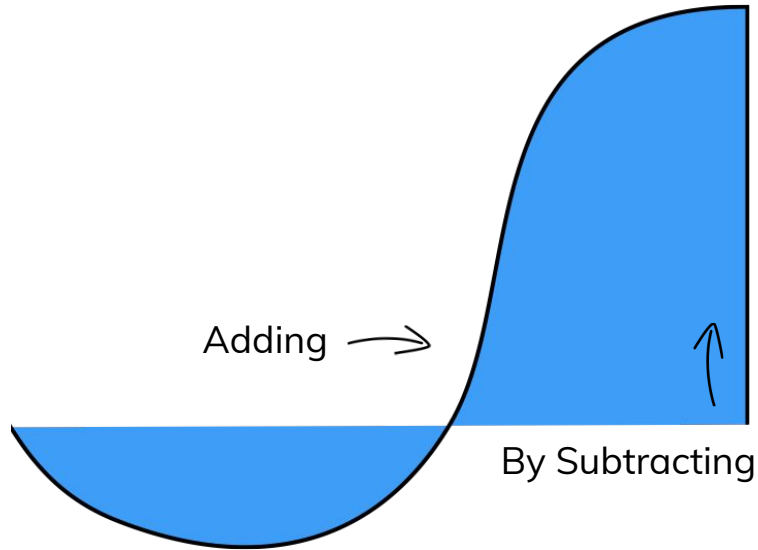
How Science works

Reminder on #Lindy
from
#TalebForkids

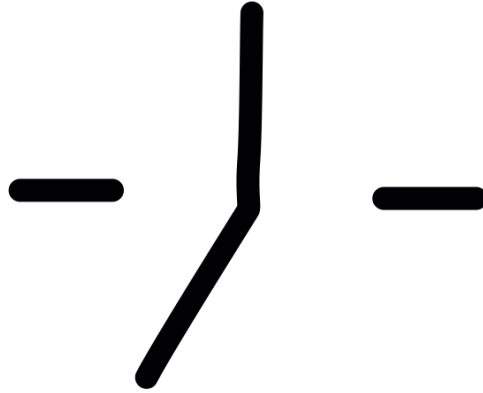
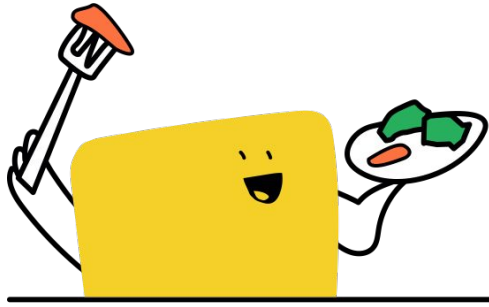


How Wisdom works

In medicine and
nutrition, **remove**
before **add**

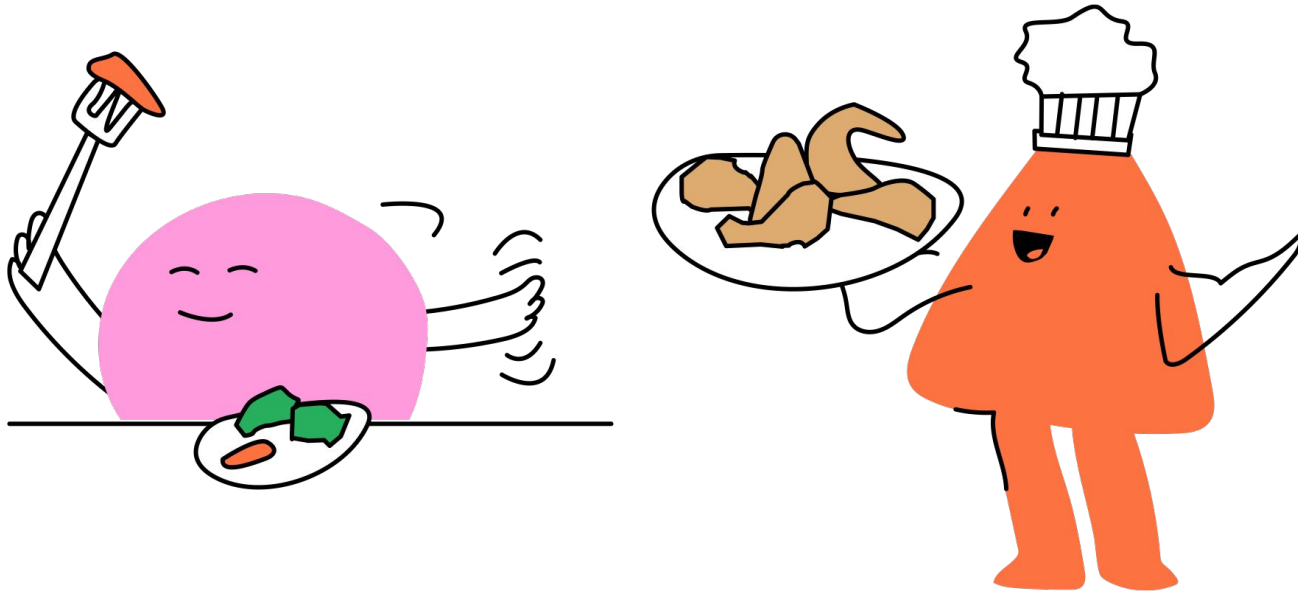


Life improves by reducing

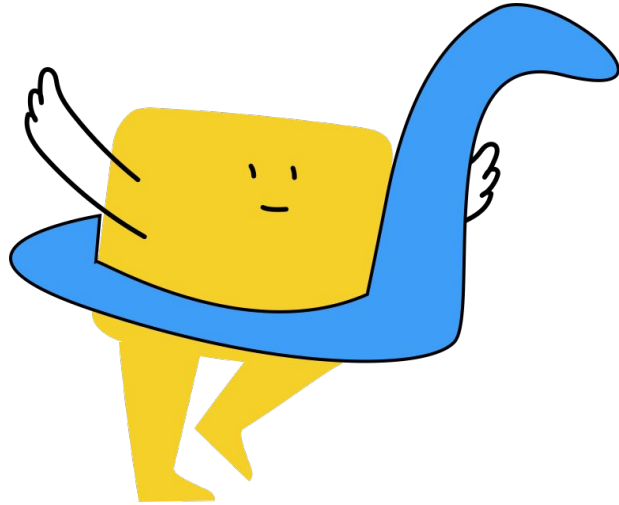


Do Intermittent Fasting for improving
physical health

Worlds simplest diet, the more processed the food,
less one should consume







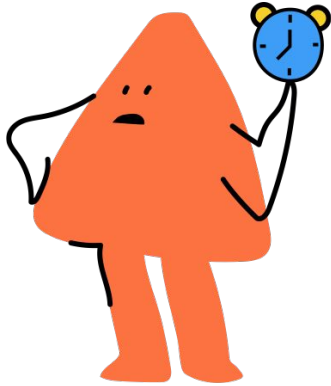
You cannot give or
take happiness.
It is a choice

Happiness comes
from being
satisfied with
what you have.

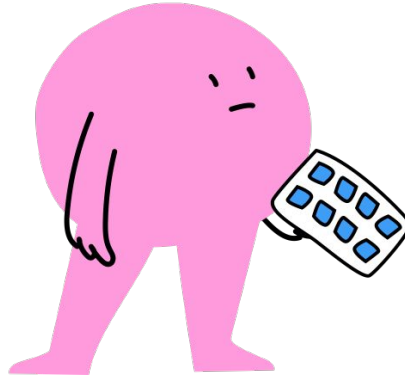




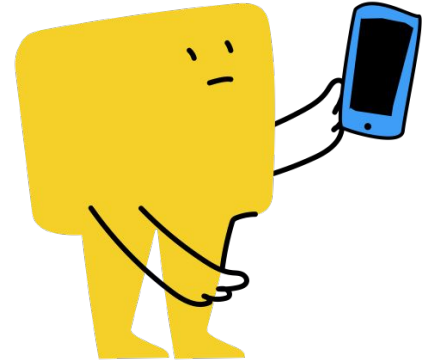
You can get time and happiness by
reducing 3 things



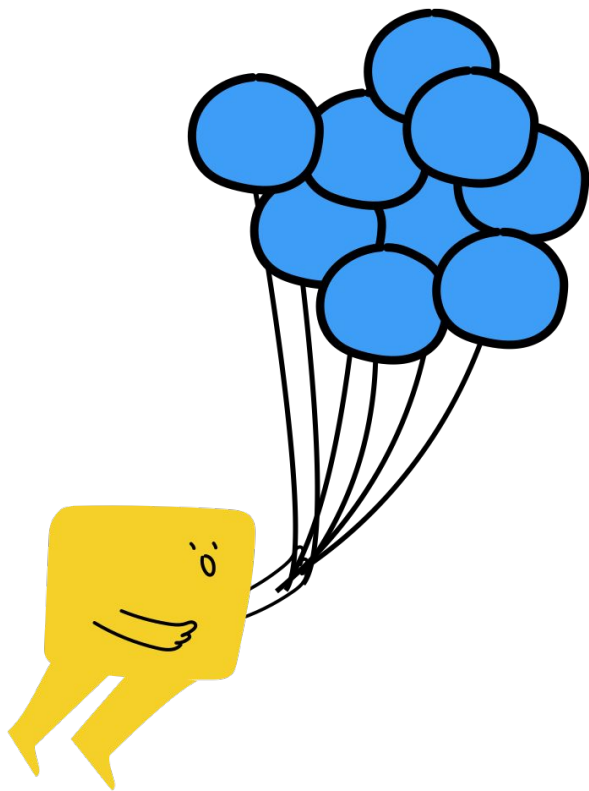
Clock



Calendar

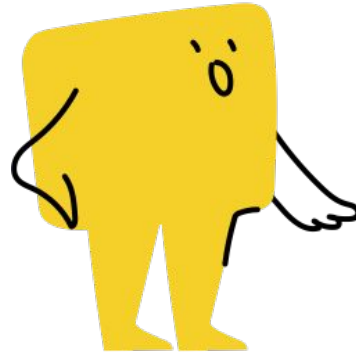
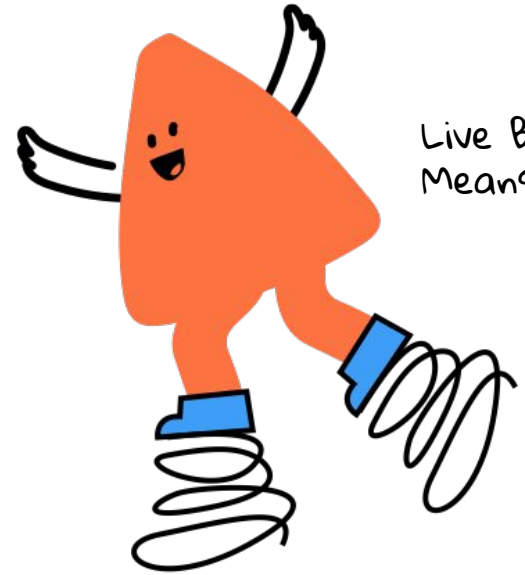


Phone



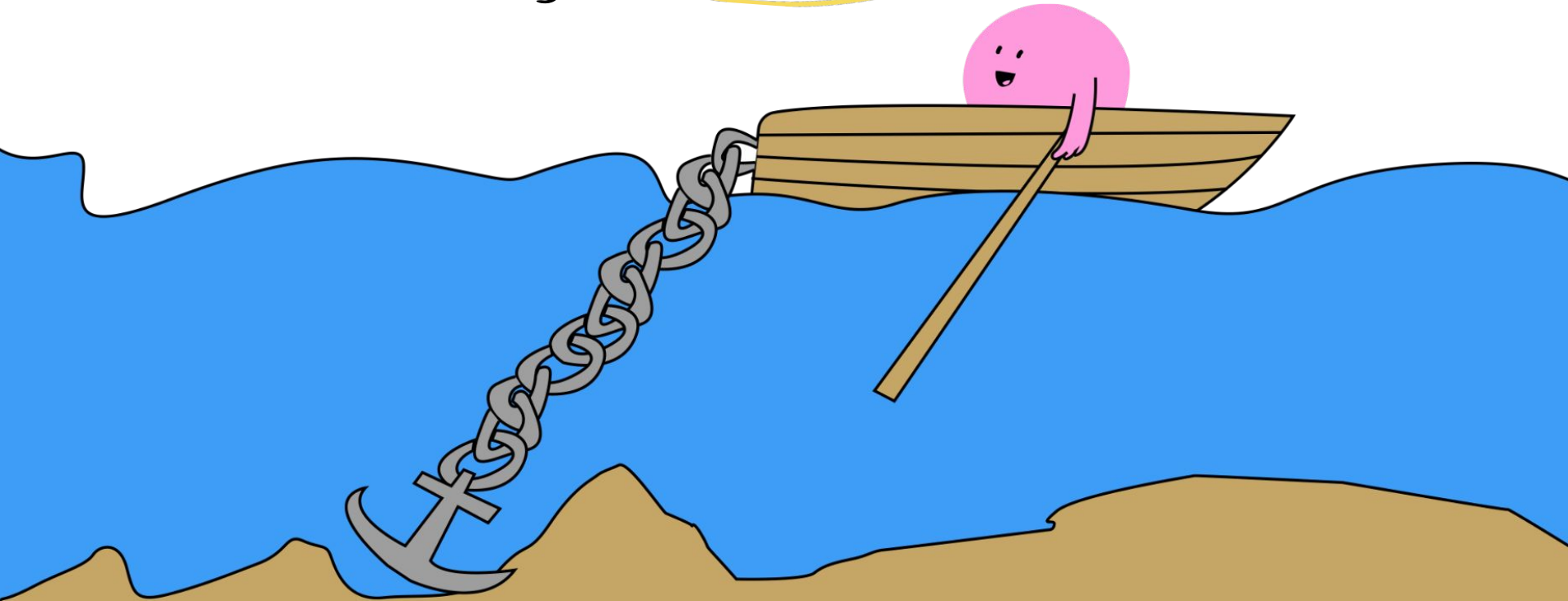
Money can't buy happiness,
it can buy freedom

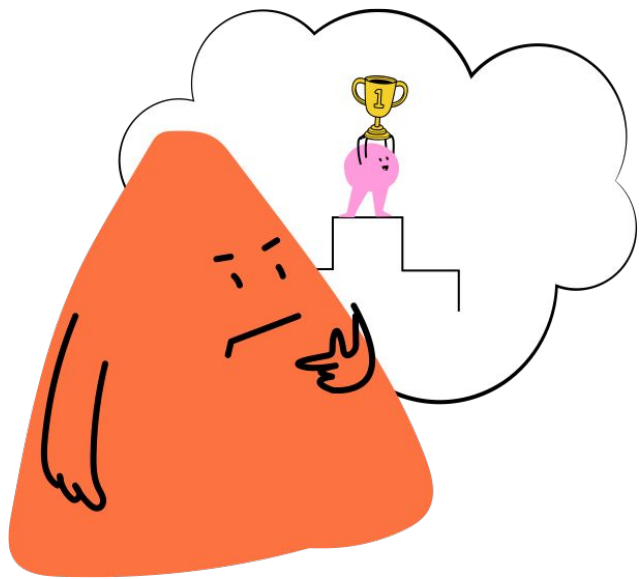
Those who live belows
enjoy freedom that people
busy changing goal posts
cannot understand



Moving Goal Post

Happiness without material
comfort is playing on hard mode





Don't worry about status



Be Curious

The background features several abstract, hand-drawn shapes. A large orange blob is centered, with a yellow shape overlapping its bottom. To the right is a pink shape, and to the left is a small yellow shape. The text is written in a black, handwritten font within the orange blob.

How to train
your habits ?

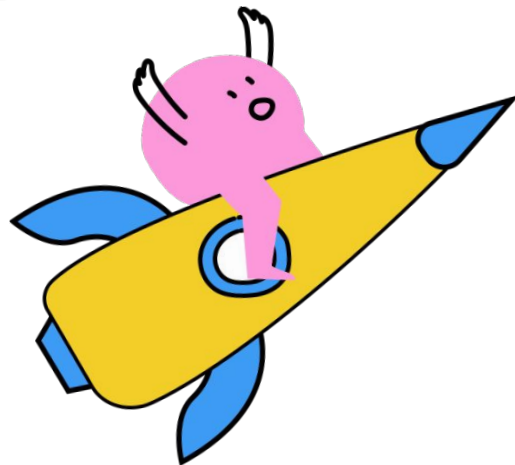




Naval @naval

The greatest superpower is the ability to change yourself.

Old
Habits



New
Goals



Naval @naval

Changing habits:

Pick one thing. Cultivate a desire.
Visualize it.

Plan a sustainable path.

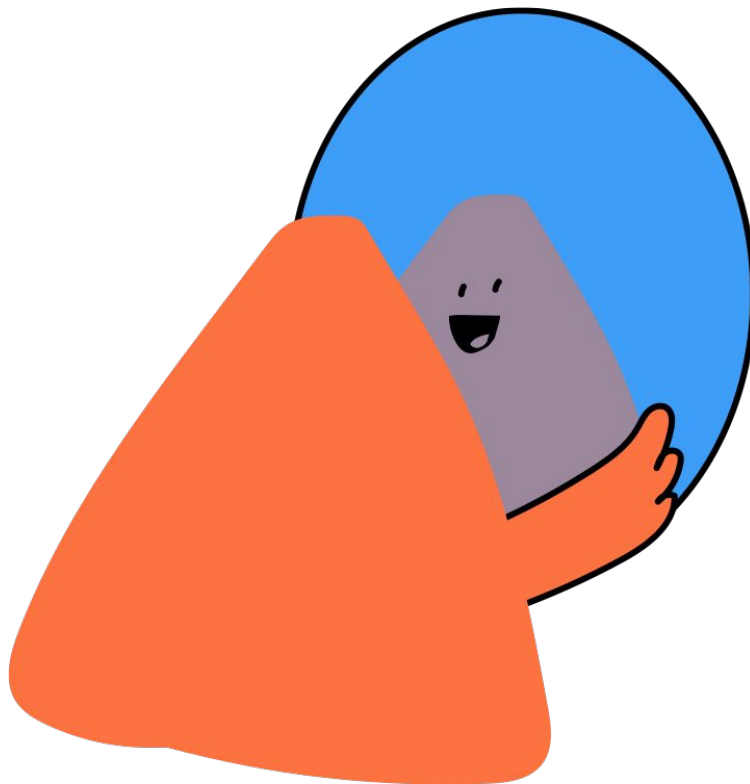
Identify needs, triggers, and
substitutes.

Tell your friends.

Track meticulously.

Self-discipline is a bridge to a new
self-image.

Bake in the new self-image. It's who
you are, now.





Naval @naval

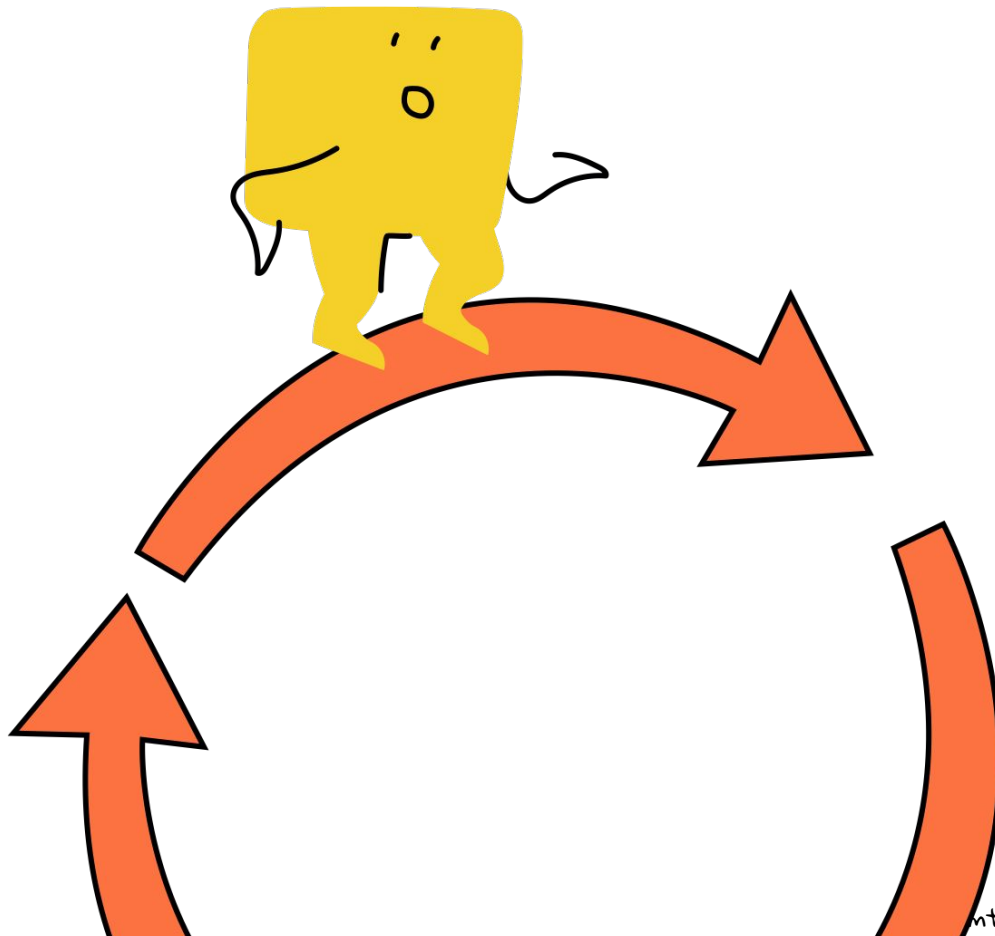
When building habits, choose consistency over content.

The best book is the one you can't put down.

The best exercise is the one you enjoy doing every day.

The best health food is the one you find tasty.

The best work is the work you'd do for free.





If you can't decide, answer is no



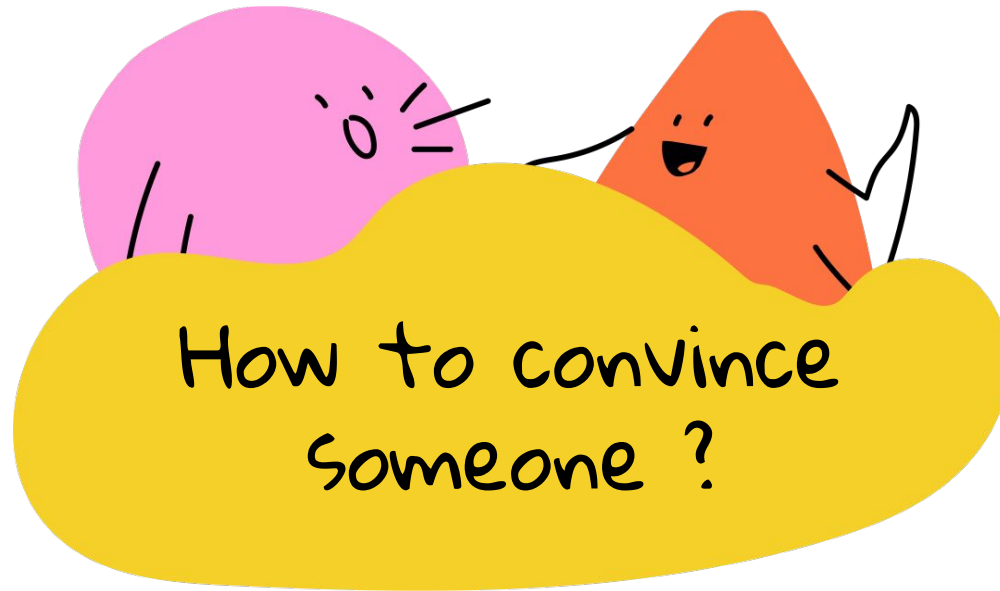
Pick the hardest
choice now



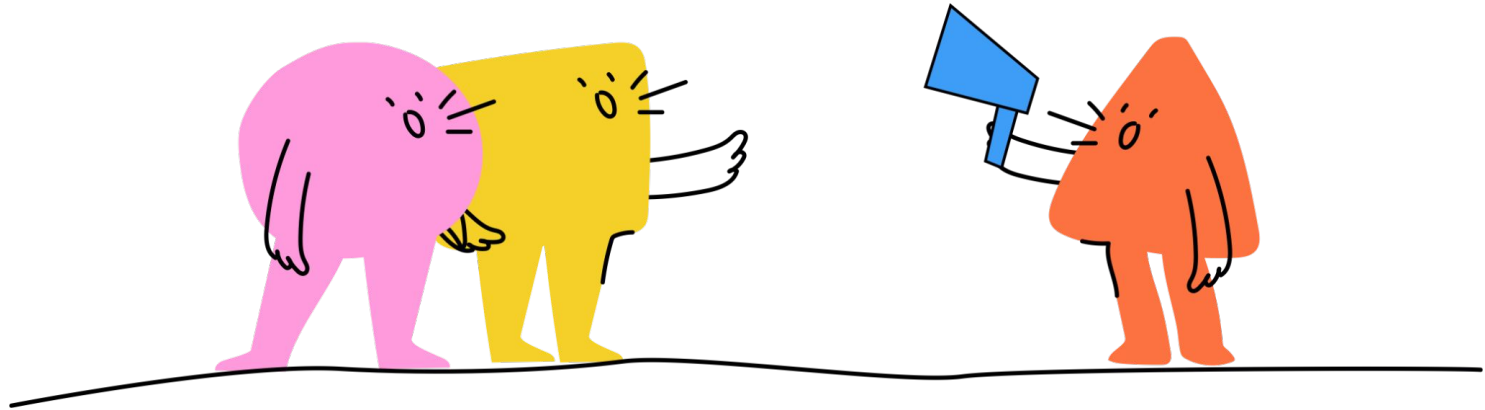
EASY NOW



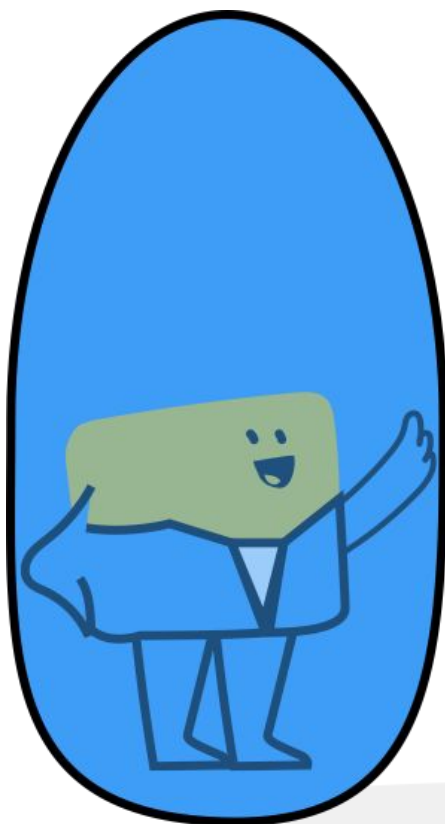
HARD NOW



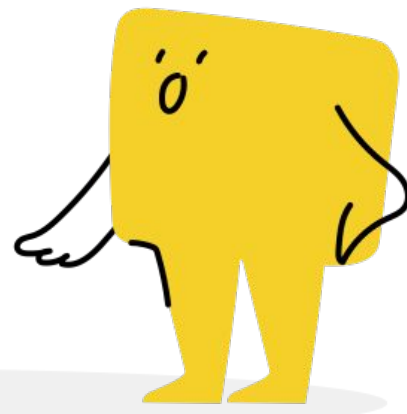
How to convince someone,



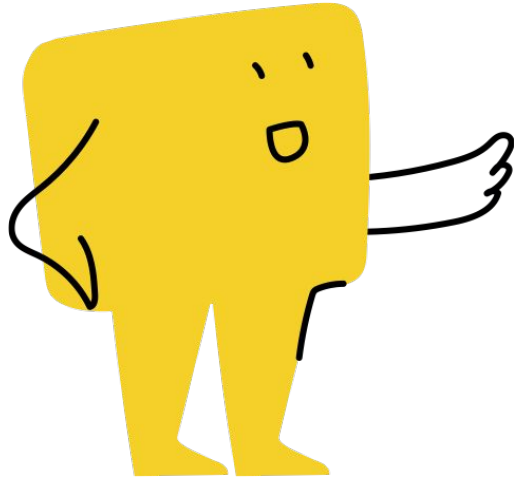
Remember this keyword CLASSR, taught by Robert Cialdini



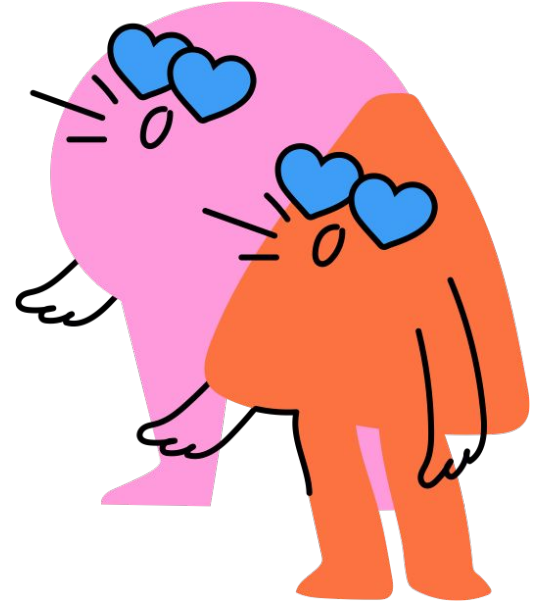
Consistency



Burning desire to be trustworthy forces people to be consistent with what they did for. Use that to convince



Liking

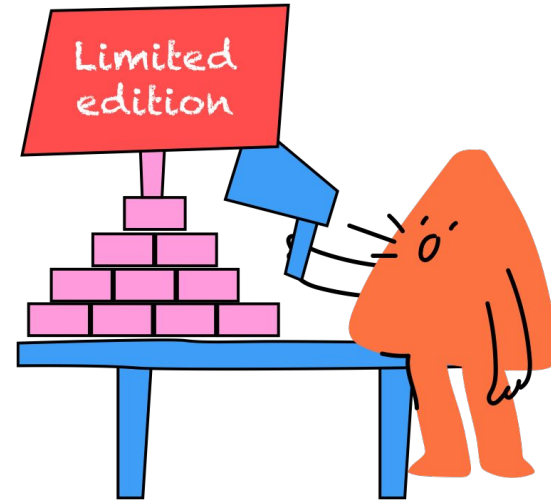
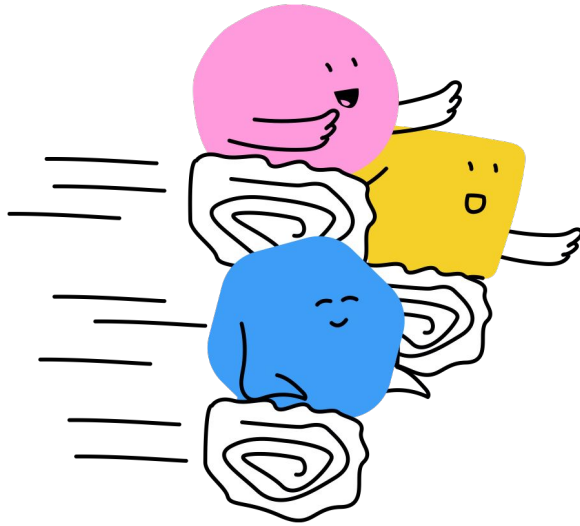


Most say yes to those they like. Be likable

Authority

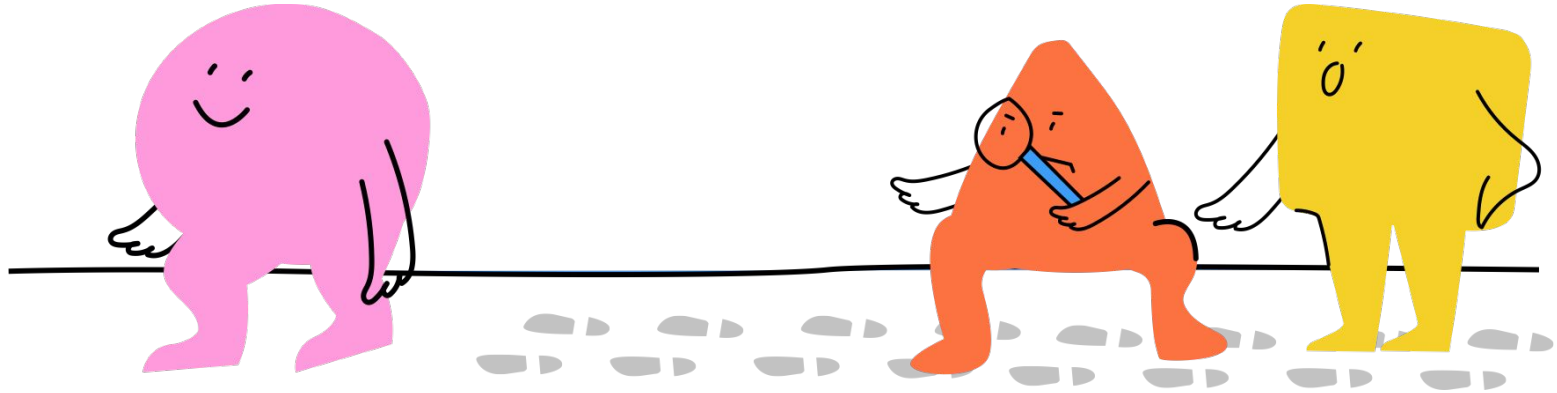


Authority figure convince people. Say it with confidence



Scarcity

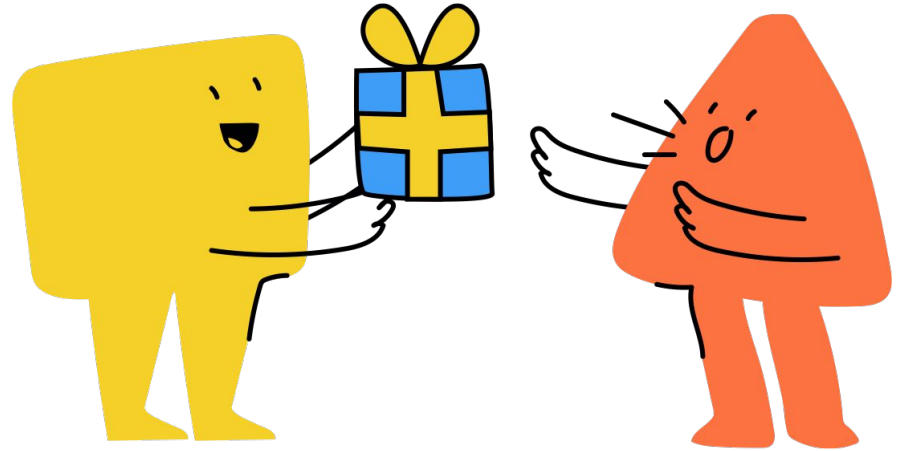
When in short supply it becomes valuable. Reduce the time with your loving parent and see what happens



Social Proof

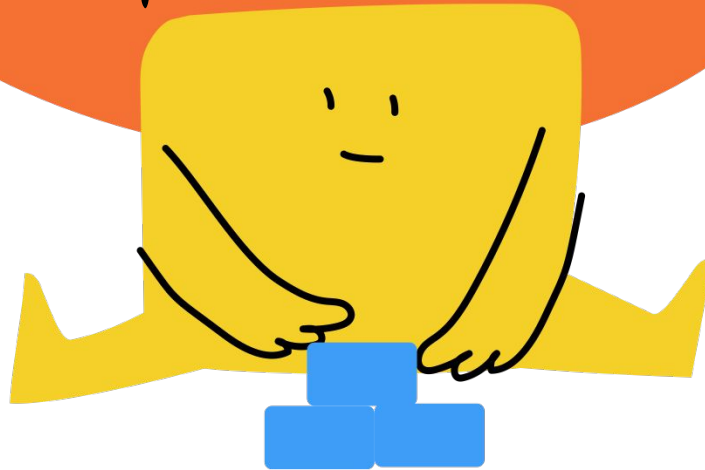
Humans like to follow crowd, seek validation in choice of others.
Why we go to restaurants that has a queue outside.

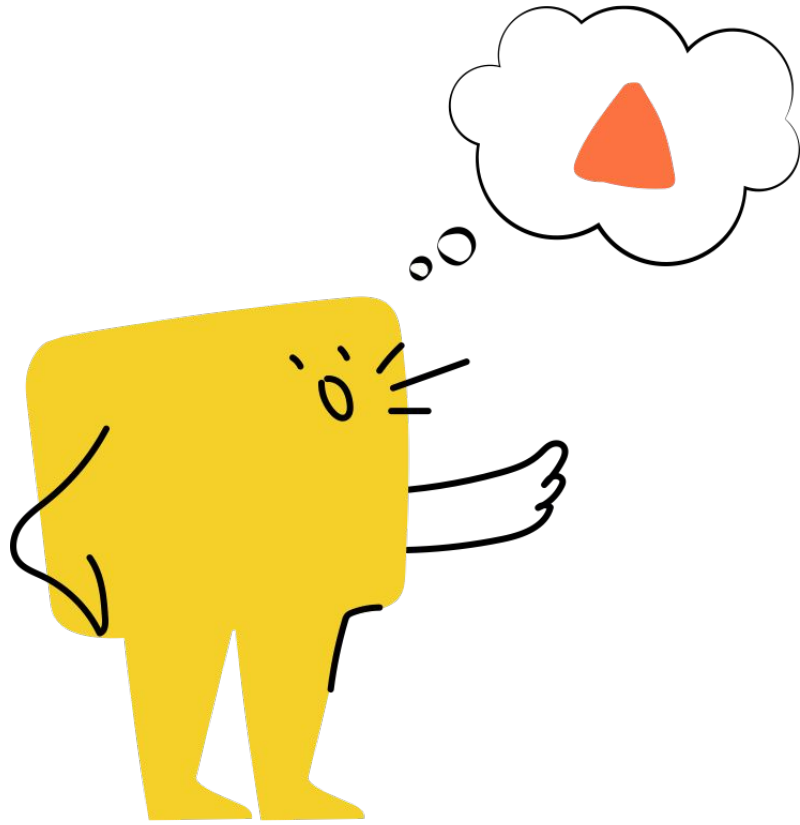
Reciprocity



People feel an obligation to return a favor. Before you ask something to someone give a gift

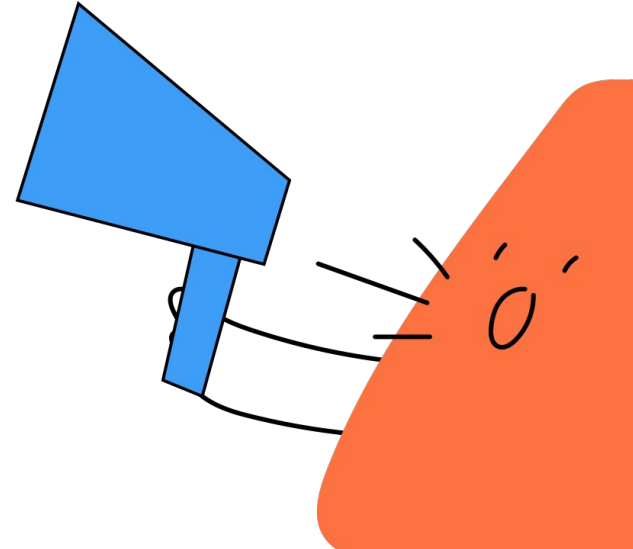
How to build
you brand ?



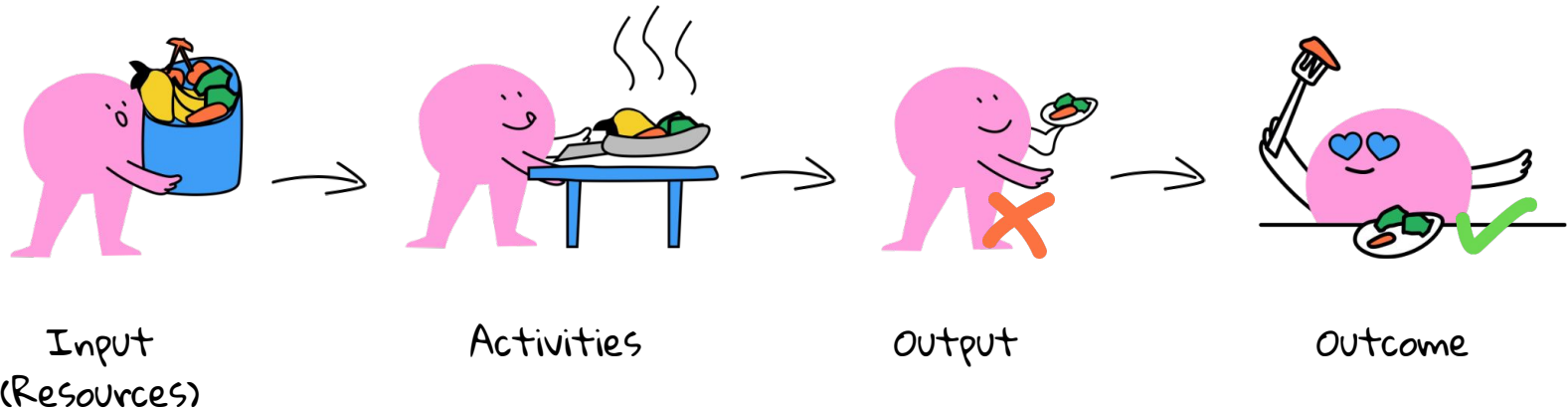


Brand = Recall.

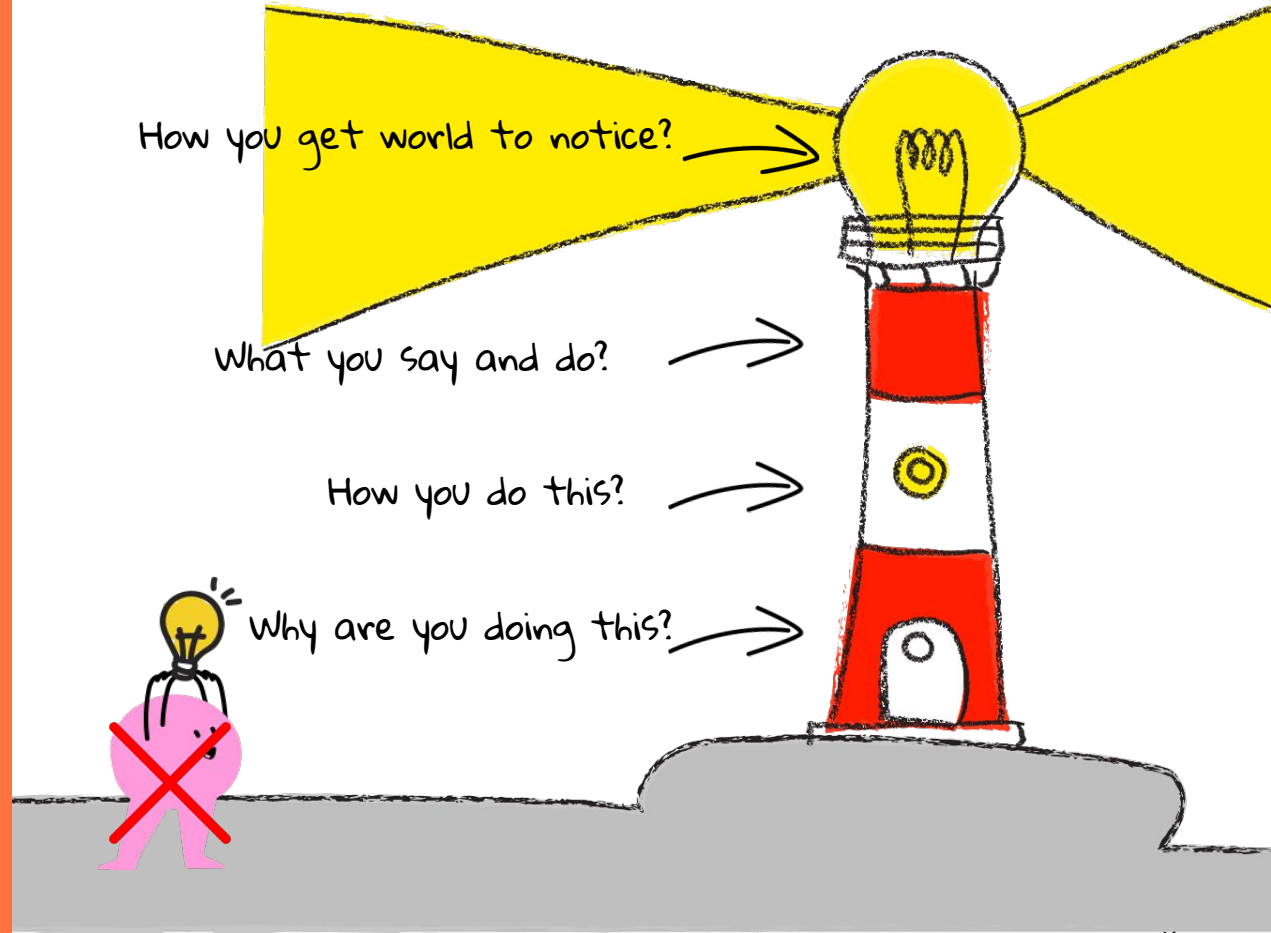
How you are
remembered

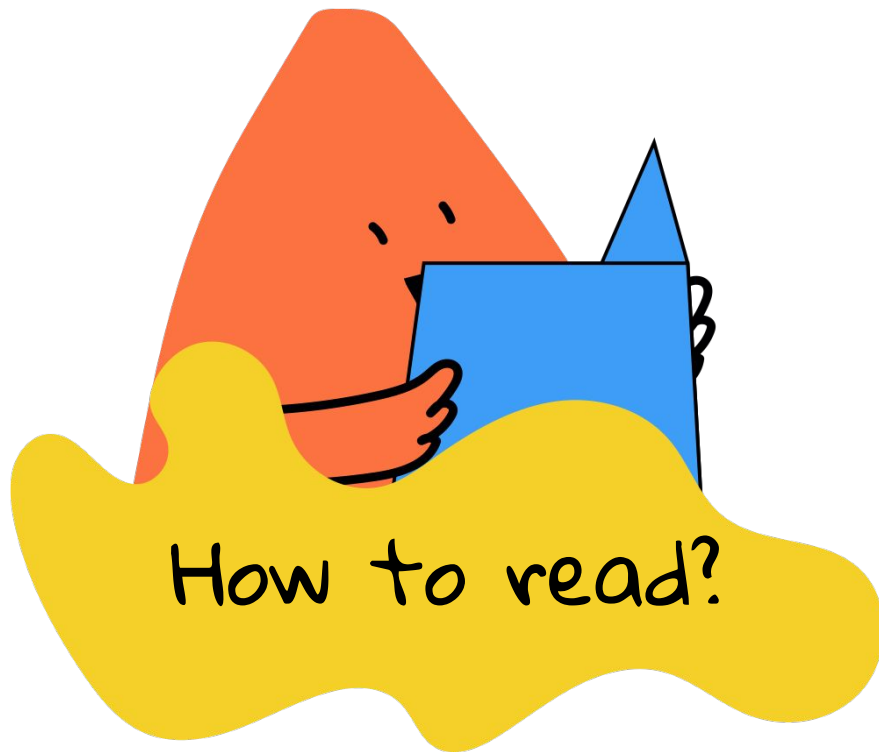


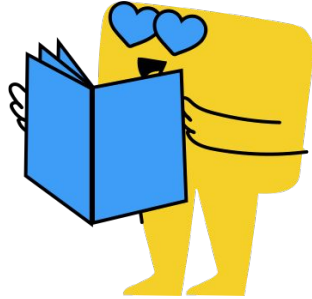
It is outcome (perceived),
not output (what you did)



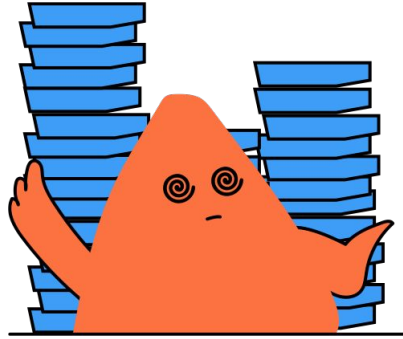
You have to
stand for
something
and be
consistent



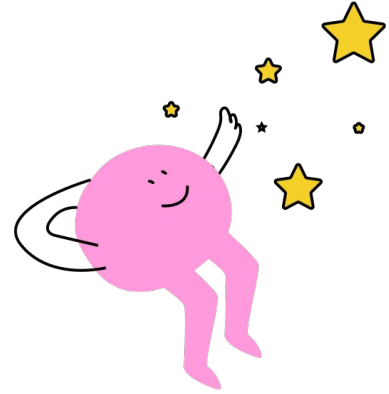




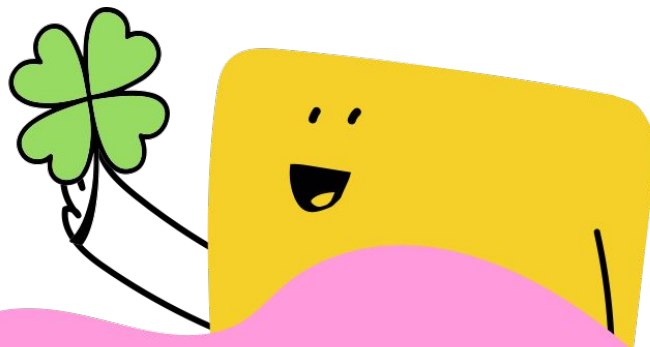
Only read what
you love



Don't feel the obligation to
finish any book



Find 100 best books for
yourself and read it again
and again



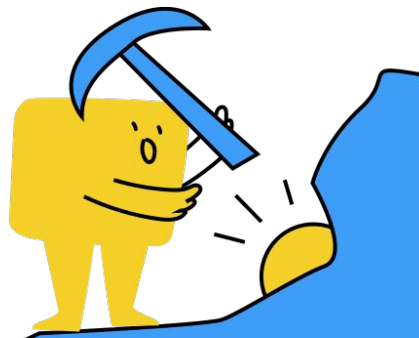
How to
become lucky?

Wait can you do that !



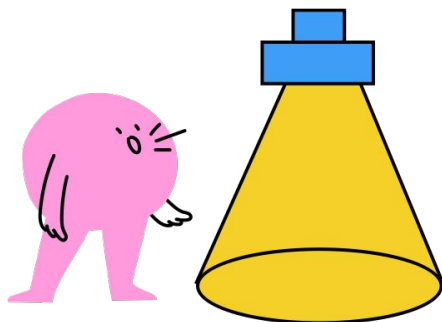
1

Hope luck
finds you



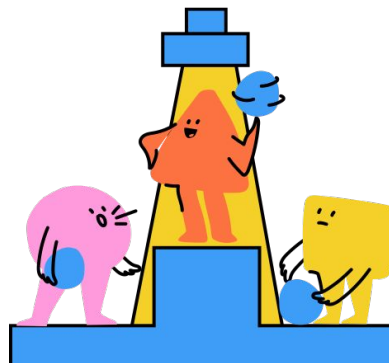
2

Go to places
where luck
finds you



3

Prepare mind
and be sensitive
to chances

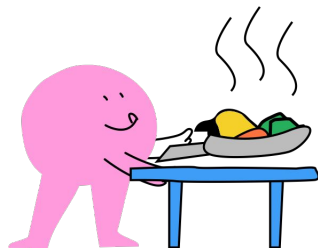


4

Become
world best
at one
game,
chance will
find you



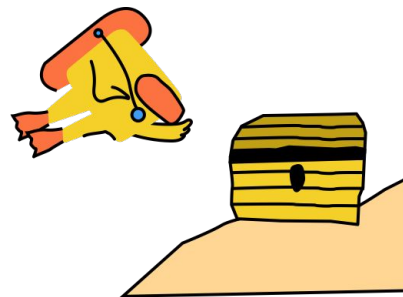
Lottery
Winner



Alexander
Fleming



Next Sachin
Tendulkar



Deep Sea
Diver

1

2

3

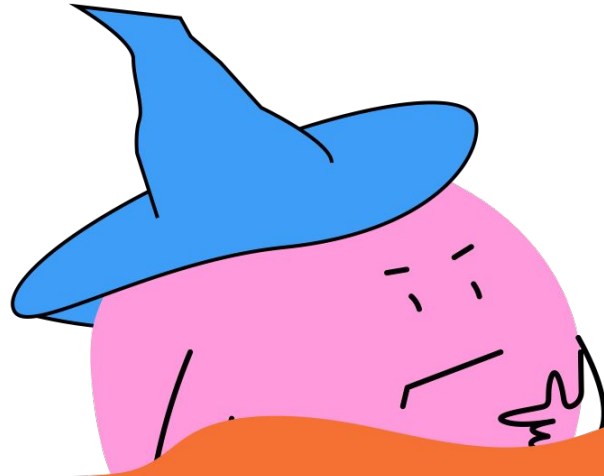
4

Blind
luck

Motion
luck

Spotting
luck

Crazy
luck



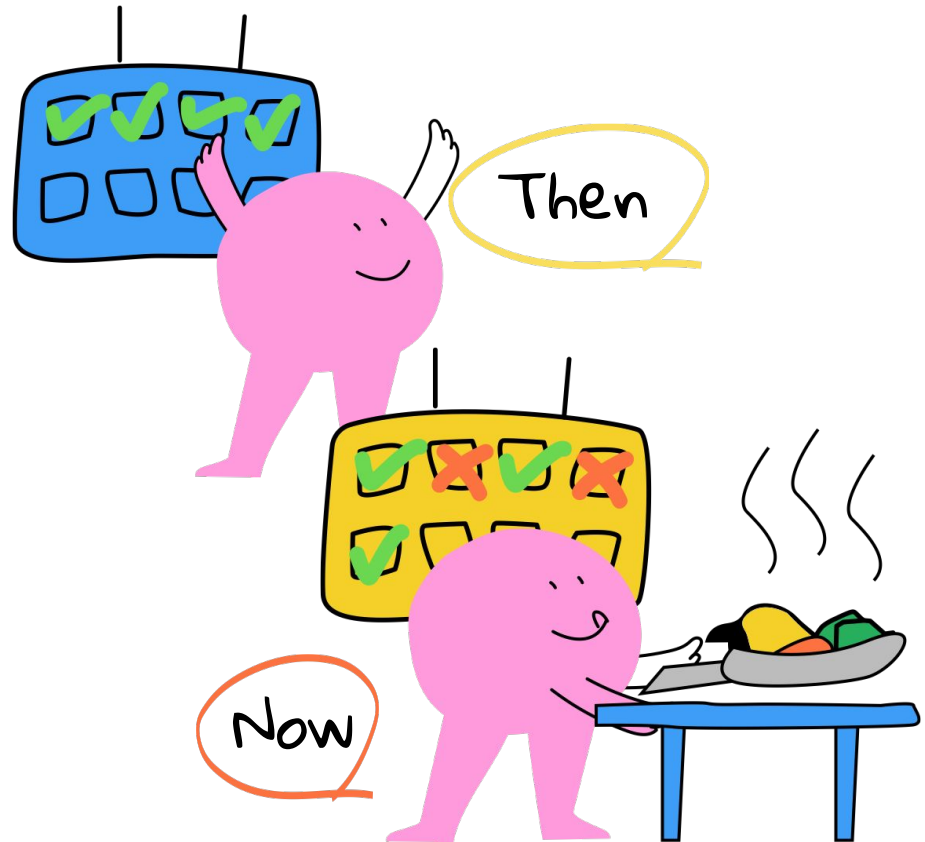
How to find you
Magic Wand
(leverage)?

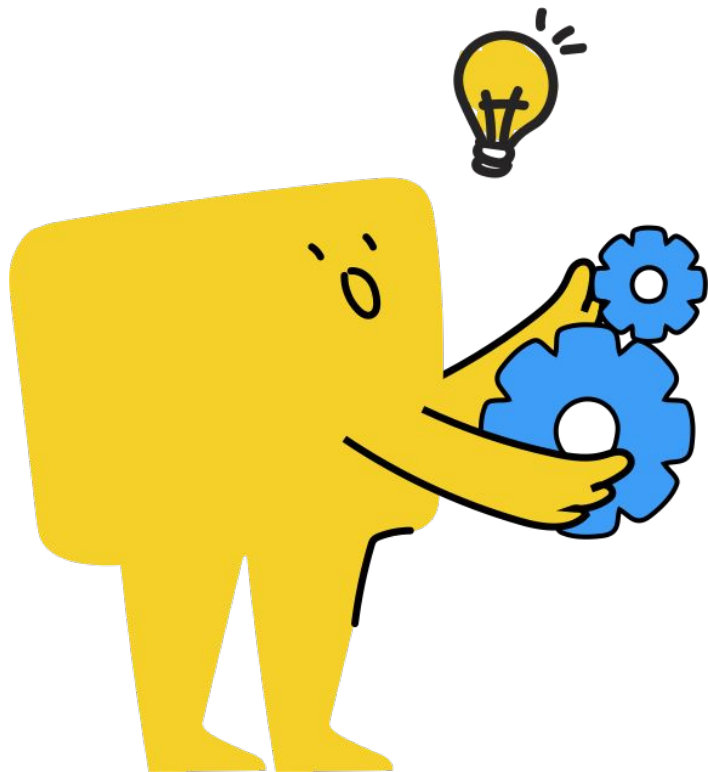


Naval @naval

In an older society with few resources and mechanical work, the scheduled life is the most productive.

In a modern society with permissionless leverage and creative work, the unscheduled life is the most productive.





Naval @naval

Engineers are leveraged creatives who generate repeatable solutions to practical problems.

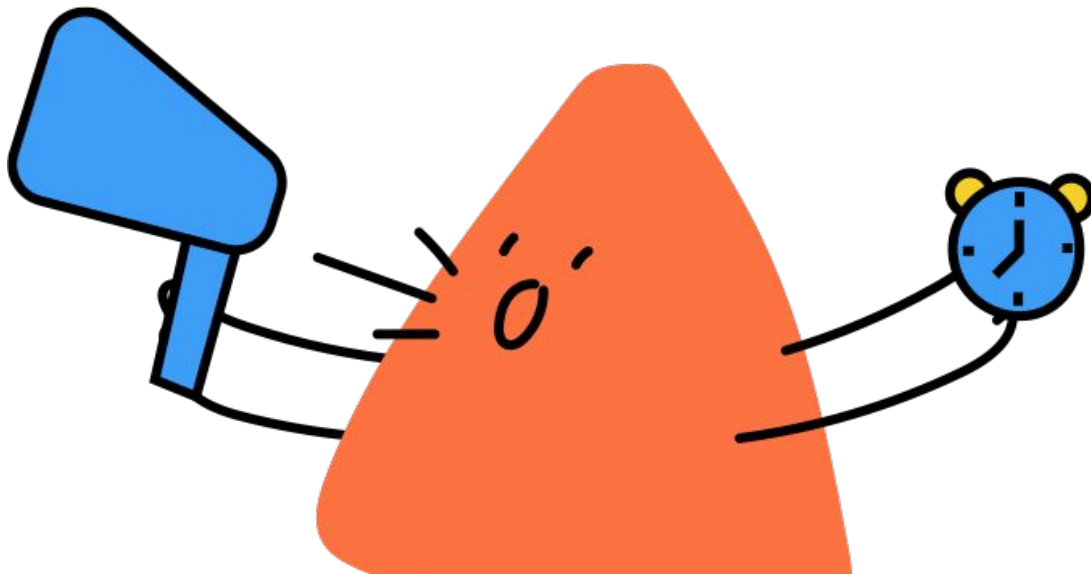
Engineering automation increases leverage, productivity, and the scope of problems that engineers can tackle.

Until we become Gods, society has unlimited demand for creative engineers.



Naval @naval

You won't get rich renting out your time



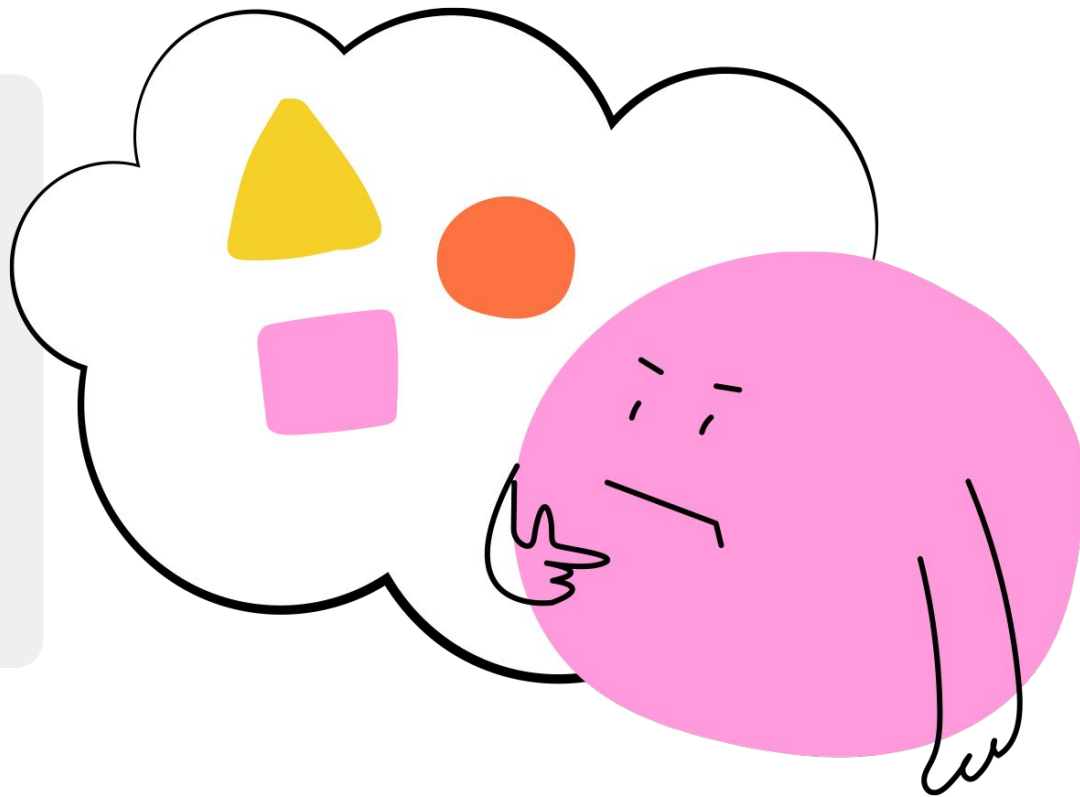


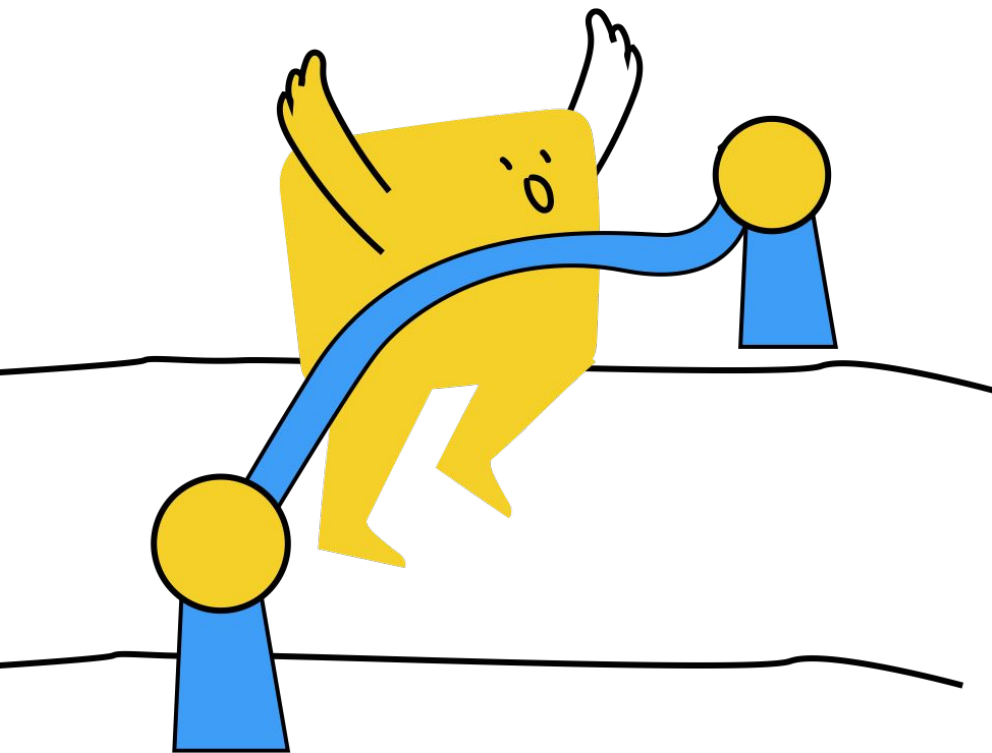
Naval @naval

In an age of permissionless leverage, judgement, not work, determines success and failure.

Good judgement is the product of a calm and curious mind, reasoning without motivation and attachment.

Whatever strengthens your ego weakens your judgement, and ultimately, your success.





Naval @naval

Both true.

In an age of leverage, one correct decision can win everything.

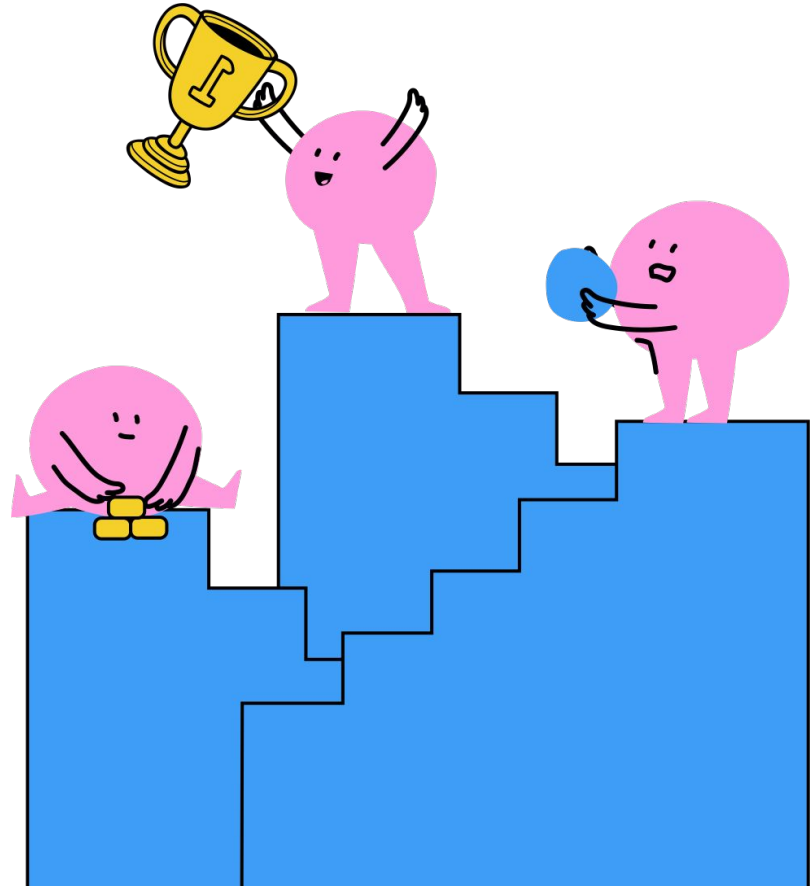
Without hard work, you'll develop neither judgement nor leverage.

Incentive bias skews us towards saying it's overrated.

To offset that bias, work harder.

Keep changing your objective

until it arrives at your specific knowledge, skill sets, position, capabilities, location and interests. Your objective and skills should converge to make you number one.



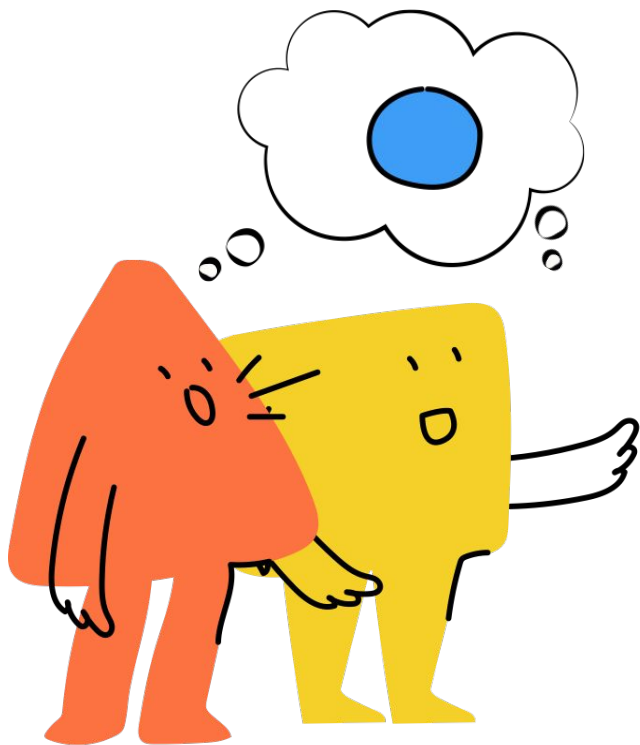


A yellow square character with a sad face (two short horizontal lines for eyes and a downward-curving line for a mouth) and a hand pointing towards a large black question mark. The character is partially submerged in an orange speech bubble.

How to ask ?

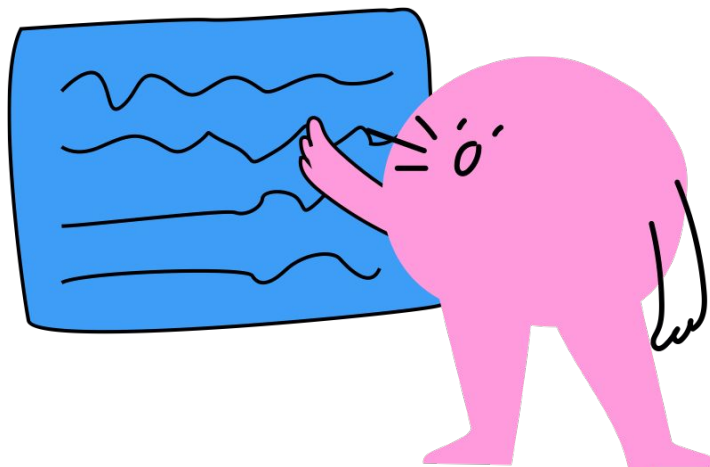
And what advice to ignore ?

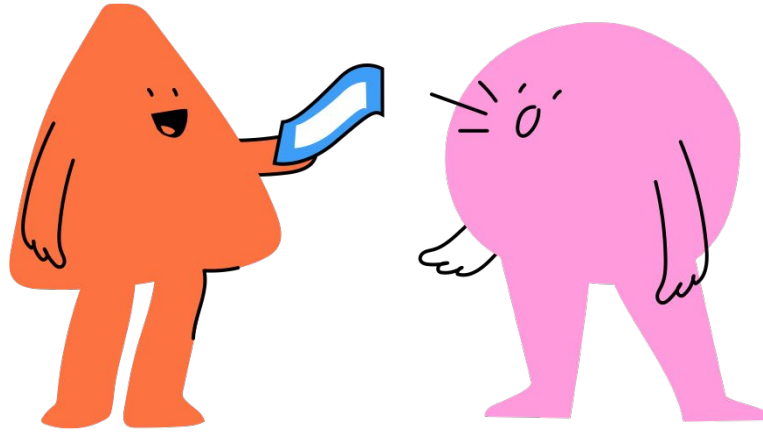




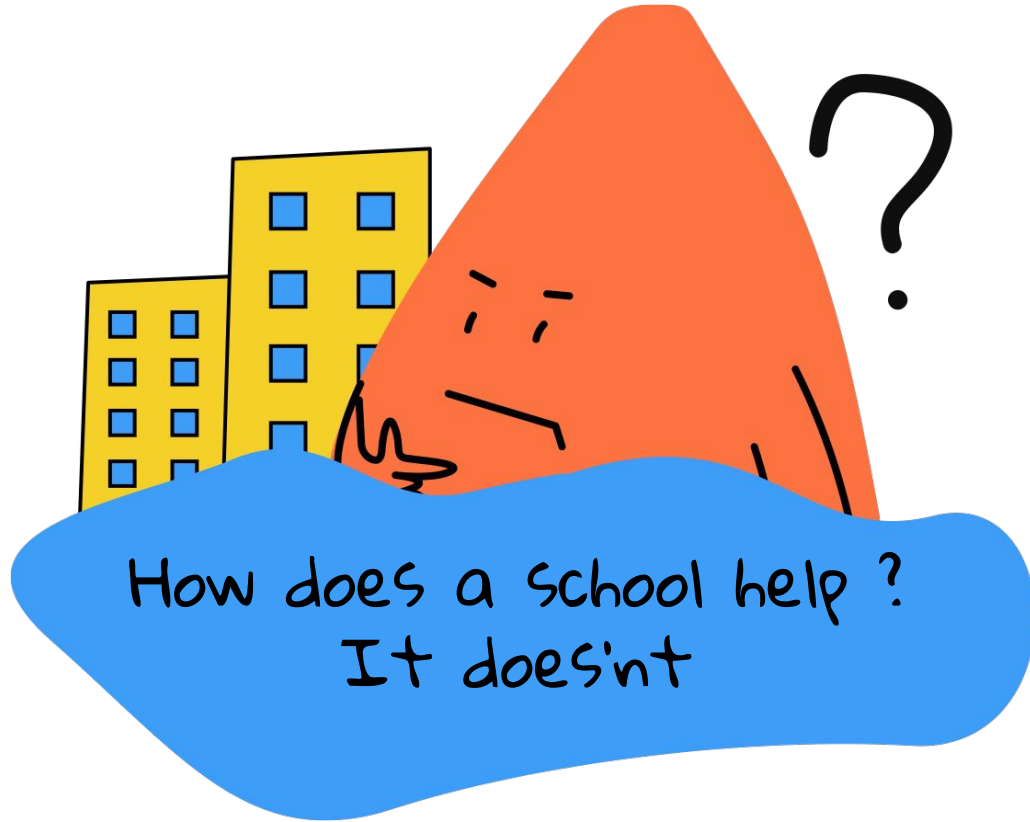
Naval @naval

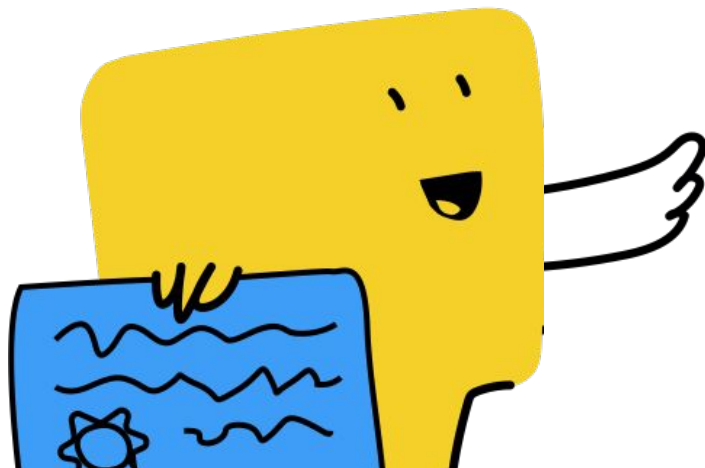
It is the mark of a charlatan to explain a simple concept in a complex way.





Most advice is
people giving you their winning
lottery ticket numbers





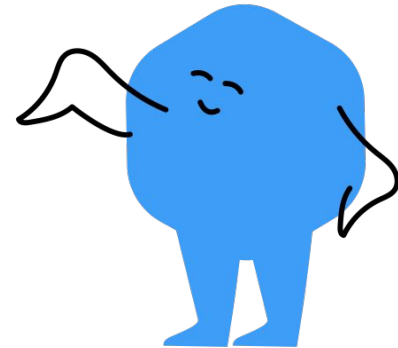
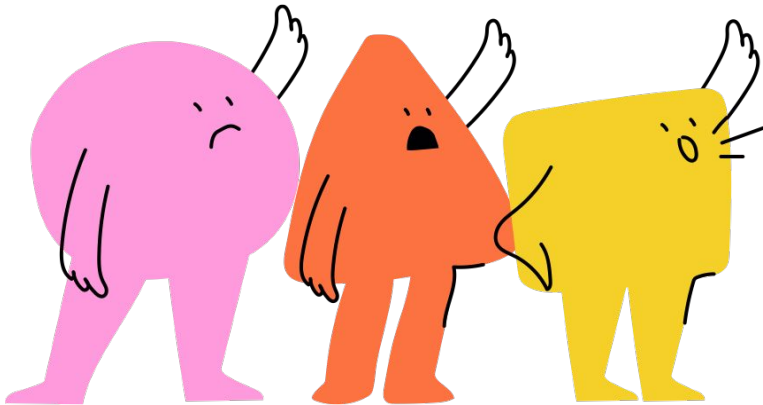
Naval @naval

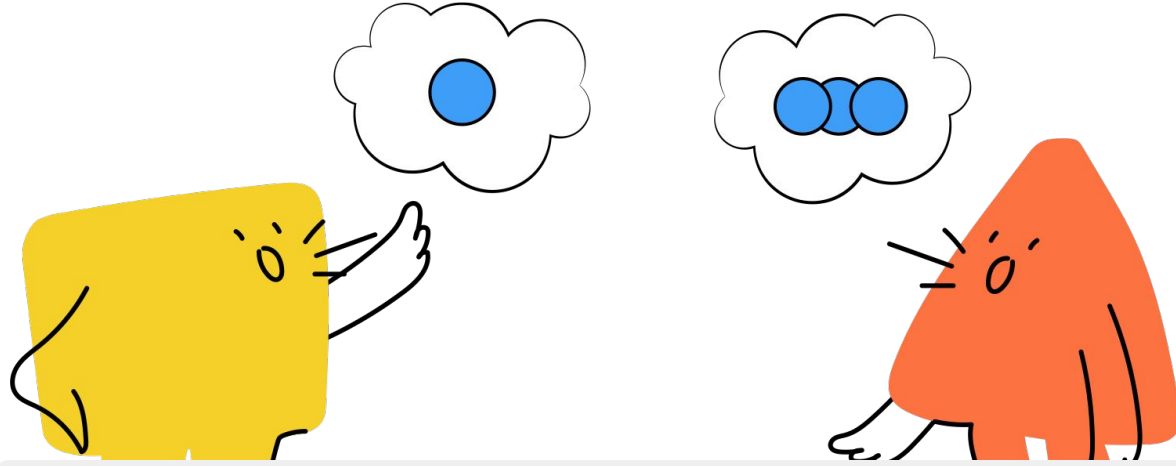
✓ If the primary purpose of school was education, the Internet should obsolete it. But school is mainly about credentialing.



Naval @naval

Schools are prisons for the lucky kids and
prisons are schools for the unlucky kids.





Naval @naval

The overeducated are worse off than the undereducated, having traded common sense for the illusion of knowledge.

Naval

for Kids

@mtrajan

@avnish.
rajkumar69

Thanks for
reading

Graphics assistance by deesign.com

mtrajan.com